

Chris Evans Returns in the Sequel 'Captain America: The Winter Soldier'



By April Littleton

Chris Evans make his return as the WWII soldier in the sequel to the box office hit *Captain America*. In the film, he is still struggling to find his place in the 21st century. He tries to come to terms with the time he lost from being frozen for so long as he adapts to his newfound superpowers.

Should you see it:

You're obviously going to want to see this film if you enjoyed the first installment. Any Marvel fans might take an interest in this film as well – especially if they enjoyed *The Avengers*. You'll see a few familiar faces/characters in *Captain America: The Winter Soldier* including Samuel L. Jackson as Nick Fury and Scarlett Johansson as the Black

Widow.

Who to take:

Most guys love action films. So, if you have a boyfriend, think about taking him to see this movie during your next date night. If you'd rather see the film with a few of your close friends, that would be OK too.

Related: [Get Ready to Enter a 'Divergent' World](#)

What are some ways to protect the ones you love?

Cupid's Advice:

The role of the protector is a tough one to maintain. Some of the time the people you care about won't understand the decisions you make – even when it's in their best interest. Cupid has some advice:

1. Honesty: Always be honest with your loved ones. You can't protect your family and friends from harm if they don't know the full extent of a situation. The truth may be hurtful to them, but in the long run, they'll thank you for it.

2. Communicate: If you're feeling that something isn't right, let your loved ones know about it first. Don't keep any serious information to yourself. You want the people you care about to trust you. If you leave them in the dark about anything, they'll begin to doubt your judgement. Speak up about your feelings.

Related: [How to Date When You're a Single Parent](#)

3. Be aware: When it comes to the safety of your family and friends, always be aware of everything around you. Be wary around new people entering the life of loved ones. You're the protector. You have to be the person who can spot bad decisions and situations the people you care about can't.

What are some other ways to protect the ones you love? Comment below.

Kate Hudson and Matthew Bellamy Have ‘Bumps in the Road Like Anyone Else’



By Louisa Gonzales

Kate Hudson may be happily engaged to her fiancé Matthew Bellamy, but that doesn't mean the couple doesn't face relationship woes from time to time. According to [People](#), they're working through a rough patch. The lovers face "bumps in the road" just like any other couple, but the source says it's not as big of a deal as fans seem to think. With their

busy careers, they just have to put in extra work to make time for each other. The lovebirds got engaged back in 2011 and have a two-year-old son but have shown no signs of rushing to the altar.

What are some ways to strengthen your relationship?

Related Link: [Kate Hudson's Fiance Matthew Bellamy Throws Her a Surprise Birthday Bash](#)

Cupid's Advice:

Nothing good ever comes easy, and if you really want something, you have to work for it. These ideas hold true for couples too! Here is some advice on ways to strengthen your relationship.

1. Dedication: Every relationship requires both you and your partner to put in equal time and energy. If both parties don't put in the same amount of effort, it will make it seem like one is pulling more weight than the other, and the relationship can quickly fall apart.

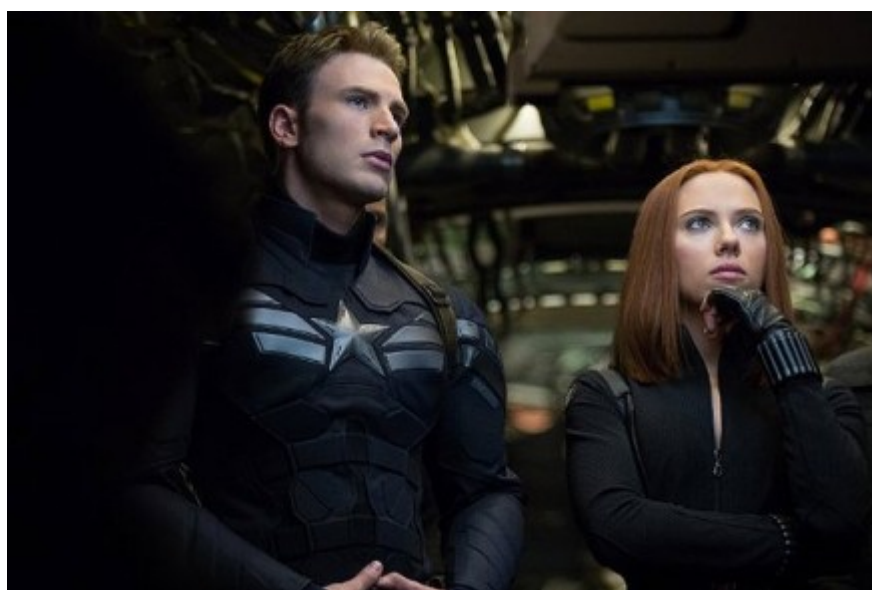
2. Communication: You know what they say: Communication is key. You should feel comfortable enough to share your deepest thoughts and fears with your significant other. It's also vital to talk about any problems or issues. Be open with each other, and you'll quickly notice improvements in your partnership.

Related Link: [Muse Media Manager Thomas Kirk Marries at Kate Hudson's House](#)

3. Honesty: Honesty is probably the most important quality in a strong relationship. For you and your beau to have a secure union, you need to trust each other completely. Trust is something that builds with time, and you have to be willing to prove you are committed to your significant other by always being honest – no matter what.

What do you think are good ways to strengthen your relationship? Share in the comments below.

Hang Tough – You’ll Get Through It



By Janeen Diamond

for Hope After Divorce

“When depression sets in, bring on the sugar! Right?”

I don’t know about you, but for me, the winter months are often the hardest to get through. Sometimes, it feels like all I can do is grit my teeth and survive! The snow falls, which is great the first several times, but then it starts to get annoying. The sun rarely shines because of the inversion, and, no matter what I do, I’m freezing all the time.

Such is life. So many of the experiences we encounter remind me of the cold weather. And sometimes, we just have to hang in there and keep the faith that there's something better waiting for us when it's all said and done.

Related Link: [Cupid's Weekly Round-Up: Fixing Your Relationship](#)

Maybe you're going through a divorce. Maybe you have financial pressures that are holding you back. Maybe your kids are giving you grief. But no matter what, just remember: This too shall pass. Here are a few ideas for hanging tough and coming out the other side in one piece:

Keep yourself healthy and hydrated. When depression sets in, bring on the sugar! Right? Well, try to practice moderation with the chocolate and eat more vegetables instead. You'll feel a whole lot better and may even beat the blues. I notice that, when I don't drink enough water, I start to feel run down and tired. Staying hydrated is an easy fix that we sometimes don't even think about.

Slow down a bit. Sleep a little more, and work a little less. We sometimes put a lot of pressure on ourselves to take care of things that really aren't all that important in the grand scheme of things. If you feel you need a nap, take one. If you want a day of doing nothing, do it.

Related Link: [How to Get Over the Relationship Blues](#)

Look for the positive. Winter may be rough, but the freshly fallen snow is beautiful. You may be in the throws of divorce, but soon, you'll be able to begin a new life. You may be feeling financial pressure, but you're always free to look for a new opportunity to help you rise above it. Your kids may be causing trouble, but it's all part of discovering who they are – and one day, they will make you proud.

One thing is certain. Winter will end, and spring will begin.

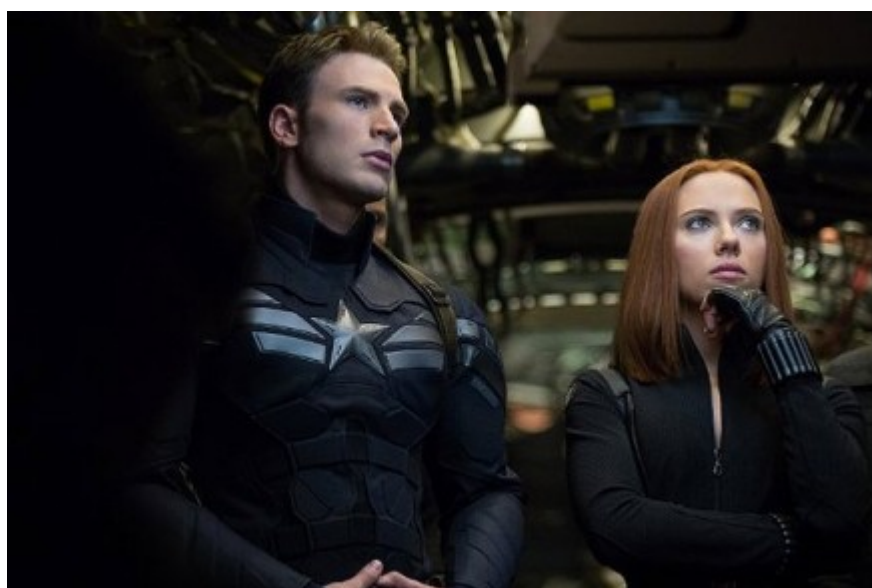
And there is definitely nothing more beautiful than watching the grass become green and the flowers start to blossom. I've come to realize if the grass were always green and the flowers were always in bloom, we wouldn't be nearly as grateful as we are when we can watch the transition happen right before our eyes. So hang in there. Things are about to change!

For more information about Hope After Divorce, click [here](#).



Janeen Diamond was a newscaster for KUTV News until 2001. Since then, she has been actively producing commercials and special programming through her company, "Your TVSpot." She has hosted several television and internet productions and has been a spokesperson for many products and companies. She authored her first book, "Save Your Marriage in 30," hoping to help families have greater success and live happier lives. She is co-creator of "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. Janeen is a contributing expert for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com. Follow her blog, <http://saveyourmarriagein30.blogspot.com/>.

Country Singer Craig Morgan Helps to Spread Fire Safety to Families



By Maria Darbenzio

It's easy to see that country music star Craig Morgan is a family man at heart, and his newest venture only serves as further proof: He's currently working as the spokesperson for KIDDE Fire Safety's "Be a Safety Hero" initiative to help protect families from potential home fires. The singer is taking time to donate smoke alarms and educate people on fire safety while on his *VA Mortgage Leader Presents Craig Morgan The Journey Tour*. Recently, Celebrity Baby Scoop caught up with Morgan to talk about his family and future plans.

CBS: You have a marriage that has spanned more than two and a half decades. What is your secret to success?

CM: "I stay away as much as I can. No, I'm kidding. I think

it's a give and take; you have to hope that you're both giving and taking at the right time. When you aren't, you just can't give up. Our society has made it so easy for everybody these days to quit and walk away from a relationship. I think the simple thing is to not give up...even though it might be bad right now and you think there is something better around the corner, usually when you get around the corner, you wish you were back where you were."

Related Link: [Kelly Ripa on Marriage to Mark Conellos: "We Dig Each Other"](#)

CBS: You have four beautiful kids. What are some of your fondest memories of being a dad? Do you think you parent your sons differently from how you parented your daughter?

CM: "Man, just watching them grow up. It's just that they say the coolest and greatest things. There's actually a TV show named after it, *Kids Say The Darndest Things*, and so on and so forth. A lot of these shows come from the kids, and it's just amazing to see their thought processes, growth, and the amount of love that they have for their parents – unconditional love really.

CBS: How tough was it to give Alex away at her wedding? What advice would you give other fathers facing that momentous day?

CM: "It wasn't tough; it was one of those moments where you really take everything in. Fortunately for us, she was marrying a good young man that we were excited about and we love. He's part of our family now. It wasn't like she was marrying some kid that I didn't like, but that wouldn't happen anyway because he would have went on somewhere else!

For other fathers facing that momentous day, it's going to happen eventually, so I would say to hope and pray for the best. Hope that your daughter finds and falls in love with someone who is going to be good for her. What's good for her might not be good for you, and, ultimately, we have to accept

that it's not about us; it's about them. When you pray for their happiness, I think it all works out."

Related Link: [Aaron Paul Says "Marriage is Easy"](#)

CBS: How has your household changed since Alex moved out and you now have a house full of boys? What do you like to do together as a family?

CM: "It hasn't really changed a lot. My daughter still comes over pretty regularly, and our boys are bigger now. It's not a lot of change. It's a little weird not having her around all the time, but she still calls every day!"

For the rest of the interview, visit www.celebritybabyscoop.com/2014/03/13/morgan-always-appreciated/!

Jason Biggs Says 'My Son Changed Me Overnight'





By April Littleton

Actor Jason Biggs has been a father for a little over a month now, but he says he already fully appreciates fatherhood. “What I’m learning – and what’s interesting – is that my wife has changed completely, and I’m sure I have too,” he told [People](#) at the PaleyFest *Orange is the New Black* panel in Hollywood last Friday. Biggs and his wife, Jenny Mollen will be celebrating their six- year anniversary soon.

What are some ways to prepare yourself for being a first-time parent?

Cupid’s Advice:

Becoming a parent for the first time is a life changing experience. You won’t know what you’re doing for awhile, but you’ll pick up the new baby duties in no time. There are a few things you can do that will help you ease into the transition a little more smoothly. Cupid has some tips:

1. Read: Go to your local library or bookstore, and find some parenting books to read. There are so many different ones to choose from. If you need a little help with reducing the selection, ask a loved one to assist you. Maybe they’ll have a few favorites of their own if they’ve already been through your experience before.

Related: [‘Kendra on Top’ Star Kendra Wilkinson Talks Second Pregnancy](#)

2. Think positive: Don’t let yourself get stressed out over the small stuff. Keep a positive outlook on parenting. Naturally, you’ll make a few mistakes along the way, but every first-time parent does. Keep the focus on yourself, your partner and your new baby. Everything will work out just fine.

Related: [JWoww Says Her Baby Is ‘So Dramatic’ Already](#)

3. Support system: Start hanging around with other parents to get a feel of how things will be from now on. Other parents will understand your frustration, excitement and anxiety. You can also learn a thing or two from the pros.

What are some other ways to prepare for being a first-time parent? Comment below.

Get Ready to Enter a ‘Divergent’ World





By April Littleton

Based on the best-selling book series by Veronica Roth, *Divergent* is set in a world where people are divided based on the human virtues they acquire. Tris Pris (played by Shailene Woodley) discovers she is a Divergent, which means she will never fit into any social group. Shortly after her discovery, she finds out the faction leader (played by Kate Winslet) is set on destroying all Divergents. With the help of Four (played by Theo James), Tris must find out the truth about who she is before it's too late to save her kind.

strong>Should you see it:

Although Shailene Woodley plays a completely different role in this film, *The Secret Life of the American Teenager* fans should go to their local theater and support their favorite actress. *Divergent* is an action-packed thriller, so if you're into movies filled with excitement this might be your best bet for the weekend.

Who to take:

Take your significant other, family or friends out to see this film with you. However, anyone who can't sit still for long periods of time might want to sit this one out – this movie runs for two hours and 23 minutes.

Related: [Ways to Help Single Friends Find a Partner](#)

What are some ways to fit in with your loved ones when you're feeling singled out?

Cupid's Advice:

When you're the "black sheep" of the family and the oddball out of all your friends, being around your loved ones for long periods of time can be uncomfortable. They might act different around you, or maybe you just don't feel like you belong at all. Cupid has some ways for you to overcome this:

1. Find common ground: Find something you and your loved ones have in common. Maybe you're interested in similar hobbies. All it takes for you and your family and friends to get along is a little communication. A conversation might be the last thing on your mind right now, but once you make the effort, you'll see a drastic improvement in your relationships. All you have to do is try.

2. Explain how you feel: Explain how you're feeling to your family and friends. There is a possibility they don't even realize they're making you feel so left out in everything. Don't keep your feelings bottled up inside, and don't shy away from your loved ones just because you don't think they will understand how you feel.

Related: [Girl's Night Movie Pick of the Week: 'The Single Moms Club'](#)

3. Stand up for yourself: If what your loved ones are so against is something you're not willing to change, stand up for yourself. Regardless of their opinion, they should love you for who you are. Yes, it might take them some time to adjust to the "new you," but they will if you give them no other option.

What are some other ways to fit in with your loved ones when

you're feeling singled out? Comment below.

Celebrity Interview: 'DWTS' Contestant Candace Cameron Bure Says "Dance Parties" Have Always Been Her Favorite Family Activity!



By [Whitney Johnson](#)

Earlier this month, when *Good Morning America* announced the line-up for season 18 of *Dancing with the Stars*, *Full House* fans were excited to see Candace Cameron Bure back in the spotlight. And she's just as thrilled to be a part of the cast: "I've always been a fan of the show. Plus, this is

probably the most excited I've seen my family get over something that I'm doing!" she shares in our celebrity interview.

Candace Cameron Bure Opens Up About Her Family and New Book in Celebrity Interview

Daughter Natasha was particularly happy about her mom's new role. "She was just freaking out," the star says with a laugh. "She wanted to know all about the other celebrities on the show. She's been coming with me to my weekend rehearsals too."

Once her sons Maksim and Lev met her partner, two-time champion Mark Ballas, they got into it too. "They just thought he was so cool," she reveals. Viewers can expect to see her kids as well as her husband Valeri in the audience cheering her on each week.

Related Link: [Mark Ballas and Ex Pia Toscano Reunite at Show](#)

Cameron Bure has certainly been keeping busy, both on and off the small screen. Most recently, the *New York Times* best-selling author published her second book, *Balancing It All: My Story of Juggling Priorities and Purpose*. As for how she manages the never-ending juggling act of being a wife, celebrity mom, actress, and writer, "it's about big picture prioritizing and realizing what's most important in your life. You have to make sure that your top three priorities really stay in place."

She adds, "For me, it's God and family and then my work and social life and all of the rest of the stuff in between. But if God and family aren't in that first and second position, everything else in my life really does become unbalanced."

DWTS Star on Her Celebrity Marriage

Of course, her husband plays a significant role in helping her hold everything together. “He’s an incredibly-involved father to our children and a supportive partner to me. Our lives are really stressful, yet our family is our priority,” she shares about her [celebrity marriage](#). “He’s just a wonderful man, and I feel really blessed to have him.”

The famous couple, who married when they were only 20 years old, first connected over their similar backgrounds. “I lived a very full life before then, as had my husband. We both had been working children: He was playing hockey, and I had been acting since I was five,” she explains in our celebrity interview. “We were both very ready to get married and start a family.”

Related Link: [Are You Too Young for Marriage?](#)

As for what keeps their 17-year celebrity marriage so strong, the blonde simply states, “Common values and love for one another are the main two things. “

For other couples trying to make the most of their union, she stresses the importance of building up your partner to become who they’re meant to be. “When you take the focus off of yourself and focus on how you can help your spouse be better, that’s when your marriage will become better,” the *DWTS* contestant explains.

With her three kids getting older, it’s no surprise that her relationship with them is always changing. “It’s really fun to see the adults they’re becoming. We’re having more mature conversations, and I love the stage that we’re in,” she shares. “I have an open relationship with them, and nothing is off limits.”

That includes everything from conversations about “awkward,

adult topics” to family dance parties. “It’s one of our favorite things to do together. We turn off the lights, put the strobe lights on, and just crank the electronic music,” she divulges. “We have a blast!” While she has no professional dance experience, she loves being the first one on the dance floor at weddings and parties.

Related Link: [‘Full House’ Actress Candace Cameron Bure Talks Motherhood](#)

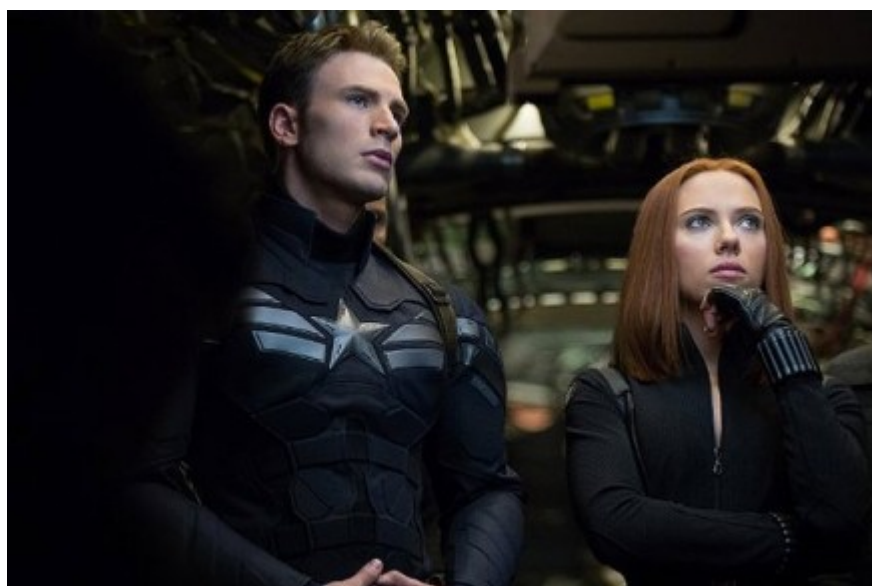
Cameron Bure and Ballas have been working on a contemporary dance for tonight’s *Dancing with the Stars* premiere. “I have a lot of bruises all over my body, so I’m falling down a lot,” the author shares about their routine. “I’m a fairly athletic person, so I asked Mark to incorporate that into our dance. We have some lifts, which will be fun.”

Of her future on the show, she reveals that she really wants to do the Viennese Waltz. “It’s just so classical and beautiful.” She’s dreading those “dances that have a ton of footwork” but adds that “Mark actually thinks I’ll be pretty good at it. It’s such complicated choreography. Those are the ones that make me nervous.”

When it comes to her competition, she’s seen *Big Time Rush* star James Maslow rehearse and says he’s fabulous. Tonight, though, she’s most looking forward to seeing Paralympic snowboarder Amy Purdy dance. “I think a lot of people are excited to watch her. We’re just curious to see how she’s going to move to all of those steps,” she says. “When I’m feeling slightly challenged, I immediately think of her and think, ‘What am I complaining about? I have two feet.’”

Follow Cameron Bure on Twitter @candacecbure and tweet your support with #DJCandyBall. Be sure to tune in for tonight’s premiere of Dancing with the Stars on ABC at 8/7c.

Josh Lucas Says 'Becoming a Father Has Changed Everything'



By April Littleton

According to [People](#), Josh Lucas, who split from his wife Jessica Ciencin Henriquez in January, is only focusing on the well-being of his son Noah, 20 months. "My becoming a father has changed absolutely everything in my life," he said. "I am more and more wanting to be a part of things that [are] playful and more the things I see my son really responding to and enjoying." Lucas and his wife became engaged six weeks after meeting. The former couple are now trying to remain amicable with each other.

How do you explain a breakup to your child(ren)?

Cupid's Advice:

A breakup can be tougher on a child than it is for the adults involved. Don't just assume your child(ren) understand your situation. When you decide you and your partner are no longer a perfect match, you need to let the rest of your family know what's going on. Cupid is here to help:

1. Be patient: After you break the news to your child(ren), you need to make sure they know it's OK to express how they feel to you. Be patient with them. Ask them to share any questions or comments with you. Listen to what they have to say. Try to give them some positive responses and reassure them the breakup was for the best.

Related: [Katy Perry and John Mayer Call It Quits](#)

2. Don't sugarcoat the truth: Be honest and direct about the split up. Explain to them why you and your former flame have decided to part ways. You don't need to talk negative about your ex, but your child(ren) do need to understand the situation as best they can.

Related: [David Arquette Says Courteney Cox's New Beau Johnny McDaid Is a 'Great Man'](#)

3. Share the responsibility: If possible, try to get your ex involved with telling the kid(s) about the breakup. Hearing the news from both parties might be more helpful and less painful for the child(ren).

How did you explain your breakup to your child(ren)? Share your experience below.

'Kendra on Top' Star Kendra Wilkinson Talks Second Pregnancy



By Maria Darbenzio

Reality star Kendra Wilkinson recently made an appearance at OK! magazine's Pre-Oscar party at Greystone Manor in Hollywood. The soon-to-be mother of two spent her time celebrating the Oscars, enjoying music provided by DJ Havana Brown, and hanging out with other celebrity mothers such as Tia Mowry and Candace Cameron-Bure.

Related Link: ['Kendra On Top' Star Hank Baskett Set To Host Every Thing For Dads Convention](#)

Wilkinson and her husband Hank Baskett are the proud parents of four-year-old son Hank. The couple is expecting a daughter as a happy addition to their growing family. "It's been okay," she said when Celebrity Baby Scoop asked about her second

pregnancy. "I am in a lot of pain, but so far, I feel like I've been the healthiest I've ever been in my life. I am on a better diet now than I am when I am not pregnant!"

When it comes to raising a daughter, she's up for the challenge. "You know, I've lived my life as a young girl and as a young woman. I feel like I know the key, and I feel like I wouldn't have another kid if I didn't feel like I had the key to life. I feel like having a girl is it, and that it's meant to be," she explained. "I want to solve this whole puzzle of life; I want to take whatever I learned and teach it to her."

Related Link: [Kendra Wilkinson on 'Playboy' Past, Motherhood and Baby No. 2](#)

Celebrity Baby Scoop also talked to Wilkinson about whether she wanted her daughter to be just like her. She candidly shared: "Do I want her to be like me and live like me? Certain things, yes, but I went off a little bit into my own world, into drugs, so that's definitely not it. However, do I want her to be herself, find herself, and not feel so much pressure? Yes."

For the rest of the interview, www.celebritybabyscoop.com/2014/03/06/wilkinson-perfect-teacher

JWoww Says Her Baby is 'So Dramatic' Already



By Sanetra Richards

JWoww could possibly be carrying a little drama princess in the making. The former *Jersey Shore* star Jenni 'JWoww' Farley and her fiancé Roger Mathews are expecting their first child. Farley posted a sonogram picture of their baby girl on Monday, with the title "My Baby Is So Dramatic Already." In the caption, she said "OMG! How adorable is this new ultrasound picture of my baby with her hand on her head being overdramatic!??? OBSESSED with her!!!" According to an UsMagazine.com interview, Farley shared her feeling of finding out the baby's gender, saying she was "super excited and super emotional." She went along to say, "She will be my best friend and daddy's little girl." "I can't wait for everything from her first steps to her first dance class."

What are some ways to prepare your relationship for a child?

Cupid's Advice:

You are at that point in your relationship where having a child is or will be the next step. However, it is vital you and your partner know what is tied to a baby. Here are ways to

brace your relationship for this life changing event:

1. Acknowledge: You must come to terms with knowing nothing will ever be the same. You must take on the full-time role as a provider and nurturer. Those spontaneous dates or something as simple as having bed space might even disappear for a little while. Also, take into mind that you and your partner are forever joined by the child, not just for 18 years.

Related: [JWoww Celebrates Birthday at 'Mob Wives' Star Big Ang's Drunken Monkey](#)

2. Finances: As we know, taking care of baby is far from inexpensive. Limit your nonessential spending habits. You and your partner may find that minimizing certain activities will reduce the headache as you all begin to baby shop.

Related: [JWoww and Fiance Roger Matthews are Expecting First Child](#)

3. Mental preparation: There will be some definite changes made in your lifestyle, especially in the first months. Expect to suffer from lack of sleep and idle time – it is all a part of parenthood! Be sure to thoroughly communicate with your partner and maintain affection, this could lead to fewer disputes.

How would you prepare your relationship for a child? Share your thoughts below.

Shakira Says She'd Love to

Have Eight or Nine Kids with Gerard Pique



By Sanetra Richards

Could we be expecting a *Gerard and Shakira Plus Eight* reality show anytime soon? According to [UsMagazine.com](https://www.usmagazine.com), the *Voice* judge shared in a recent interview with *Latina* that she “would love to have” lots of children with her longtime boyfriend Gerard Pique, if time permits. “If it weren’t because of my music projects, I would be pregnant already,” said the songstress and mother of 13-month-old Milan “I would love to have eight or nine kids with Gerard – my own futbol team.”

How do you compromise with your partner on how many children to have?

Cupid's Advice:

The talk between you and your partner about building a family can be a scary and exciting conversation. It is important to

discuss the maximum number of children to have and when to have them. There is a lot to think about, but Cupid has some things for you to consider before making the even bigger step:

1. Timing: You and your partner should ask each other if it is the right time to expand your family. Be sure to take in mind if you all are at the right and most comfortable place in your relationship or marriage. If problems have been occurring since the birth of baby number one, do not ignore the possibility of them increasing if another baby is added. Also, think about daily schedules and if the two of you will be able to maintain a balanced household.

Related: [Shakira Welcomes a Baby Boy](#)

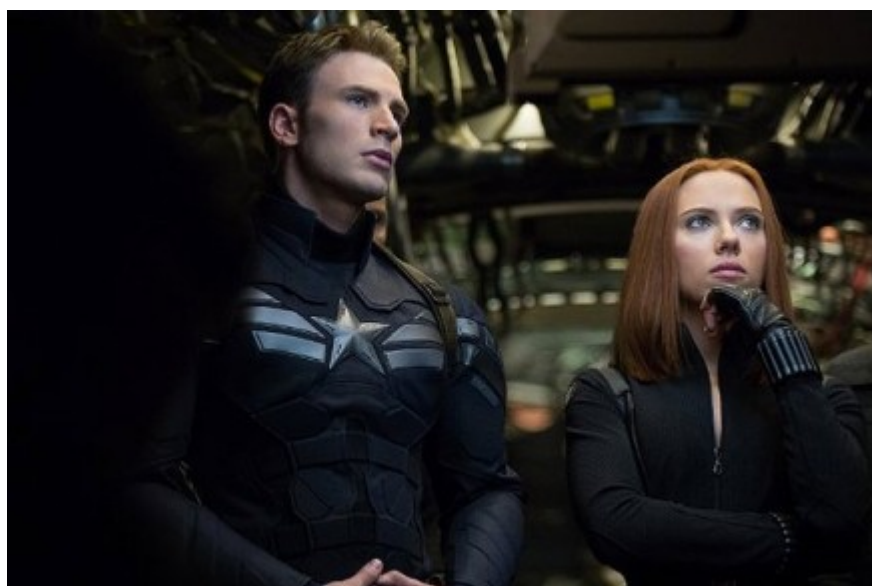
2. Finances: Big families come along with bigger expenses. Perhaps you have been noticing a dent in your pocket or a decline in your bank account – it may not be the best idea to bring in another bundle of joy just yet. A suggestion would be to continue saving until there is an adequate amount that could support another child. Both of you need to discuss income and the ability to provide the basic necessities, plus more, to those future four or five children.

Related: [David Arquette Says Having a Second Child Is 'Less Scary'](#)

3. Agreement: There should be a mutual understanding between you and your partner on the size of family wanted. Try to have this conversation early on to avoid any conflict at a later date. If your partner has stood firm on only wanting two children, do not pressure him/her into doubling that number. Negotiate on three instead.

What are ways to compromise with your partner on the number of children to have? Share your suggestions below.

Matthew McConaughey Says He Wants to Make Family Proud in Oscar Speech



By Louisa Gonzales

It was a big night for Matthew McConaughey, for the actor won the Oscar for Best Actor at the 2014 Academy Awards on Sunday. McConaughey won for his amazing performance as a man living with AIDS in the critically acclaimed drama *Dallas Buyers Club*. According to [People](#), the star actor went on stage after giving a kiss to his wife, Camila Alves and a hug to his costar and fellow winner of the night, Jared Leto to accept his award. Once upon the stage he give a heartfelt speech, expressing gratitude to everyone and everything that got him there. He thanked God, his faith, and his family for their inspiration and giving him the motivation he needs to keep

living and moving forward.

What are some ways to show you're proud of your partner?

Cupid's Advice:

Telling someone you are proud of him or her is rewarding for both you and the other person. Letting your partner know you are proud of them lets them know you acknowledge their hard work and appreciate their efforts as well as them. Cupid has some advice on ways to show you're proud of your partner:

1. Write a letter: Putting down your thoughts and feelings on paper is a good way to express yourself to your partner. Doing this is an easy way to share your emotions, because sometimes it's hard to say everything out loud. Write down all the reasons you are proud of them and it will surely brighten their day and encourage them to keep up the good work.

Related: [Matthew McConaughey Thanks Wife Camila Alves for Motivation](#)

2. Speak out loud: Say it in a song, shout it from the rooftops, tell them over dinner, before you go to bed, whatever. It doesn't matter how or where you say you're proud of them, you just need to say it. Be genuine about it though, be honest and really mean it when you say it, be in the moment. Part of being in a relationship is putting effort into it and helping your significant other feel good about themselves and putting.

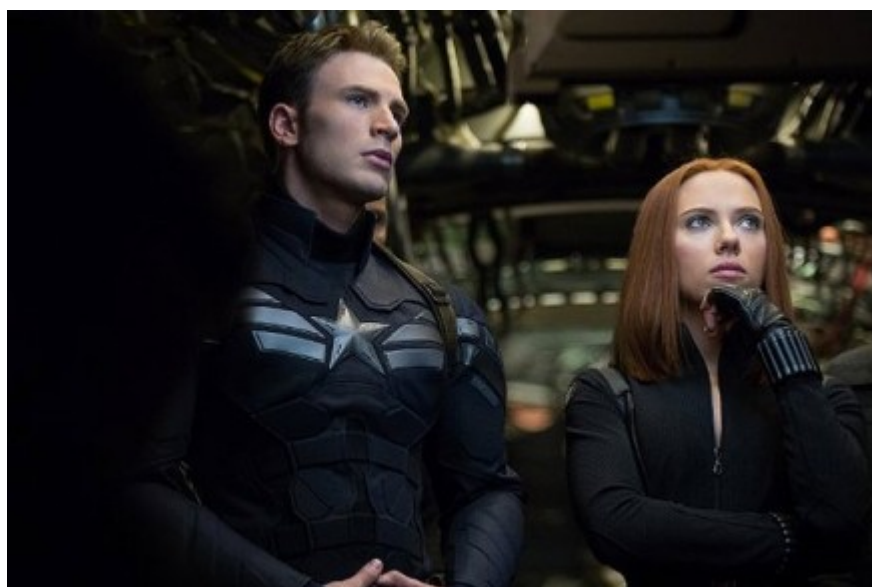
Related: [Matthew McConaughey and Camila Alves Move to Texas](#)

3. Show up for support: One of the best ways to show you're proud of your sweetheart is to show up for something that is important to them. This will show you care and are there for them or by their side. Your partner needs that affirmation that you acknowledge their efforts and accomplishments and being in attendance at some of their big moments will be a

good gesture to show just that.

What do you think are good ways to show you're proud of your honey? Share in the comments below.

'Married to Jonas' Star Danielle Jonas Dishes on Motherhood!



By Maria Darbenzio

First-time parents Kevin and Danielle Jonas welcomed their daughter, Alena Rose, on February 2nd. With a month of parenting now under her belt, the new mommy talked to Celebrity Baby Scoop about natural childbirth, breastfeeding, and her newborn, who she says is “such a good baby.”

Luckily, we were all able to follow along with the couple's journey into parenthood through Kevin's tweets. "I don't know when he was able to tweet because it seemed he was helping me the whole time. I was very lucky. We went into the hospital at midnight the night before and thought we were going to have her then. Once we got there, they said it would probably be tomorrow evening, so we went home. Three hours later, we were back at the hospital and ready to start the process."

Related Link: [Kevin and Danielle Jonas Welcome a Baby Girl](#)

CBS: Are you breastfeeding? If so, how is that going?

DJ: "Breastfeeding is a daily challenge. We're still finding a rhythm."

CBS: How are you navigating these early days of motherhood? Do you have help? Family support? Are you doing all the midnight feeds?

DJ: "Lots of family support! Everyone has been amazing, but it is tough. I have my moments of wondering if I'm doing something wrong if she won't stop crying. Those moments are tough, but then she eventually calms down and is a happy baby again. Midnight feedings are mostly me, but Kevin has been taking early mornings so I can sleep. He's better in the morning – I don't drink coffee, but I think I may need to start."

CBS: Do you have any tips for parents-to-be in coming up with a playroom/nursery design?

DJ: "Make everything short and small. We have a couch for her that is smaller, so she won't have issues getting up on it when she's older. Also, if she is playing and falls, it's low to the ground so she'll be less likely to get hurt."

Related Link: [Danielle Jonas Shares Baby Sonogram](#)

CBS: What's up next for the three of you?

DJ: "I think we're going to spend as much time together as a family as we can. Kevin is going to get really busy again soon, so it's nice to have him home as much as possible right now."

To read the rest of the interview, visit www.celebritybabyscoop.com/2014/02/21/danielle-alena-amazing/

Gwen Stefani Welcomes Third Son with Husband Gavin Rossdale



By Louisa Gonzales

Gwen Stefani's kingdom just gained a new heir. The No Doubt singer and husband Gavin Rossdale, welcomed a new family

member, a baby boy and their third son, on Friday, February 28, according to UsMagazine.com. Rossdale was proud to announce the birth of his son, Apollow Bowie Flynn Rossdale, and even tweeted it to the world on Saturday, March 1. The proud papa also reveled how the child's name was derived from his and Stefani's mothers' maiden names. The news of the baby gender was first announced back on January 17, in a tweet by the starlet, she joked in the tweet about being surrounded by boys and how she will remain the "queen of the house". Congratulations to the happy couple.

How do you prepare for a third child versus your first and second?

Cupid's Advice:

Having children is a beautiful thing and for many couples a great new adventure in their relationship. Having children is great, but it can be hard, especially when you already have a couple of kids under your belt. You've already done your research on pregnancy and have experience with kids, but that doesn't mean there aren't still new things for you to learn or prepare for. Cupid has some advice on how to prepare for a third child:

1. Prepare for change: With the birth of your third child, change will come for your whole family's dynamic. You can still learn about all the ways it can change and prepare for it by doing research, read up on how it will affect your other two children and your relationship. Each child needs attention and you'll need to figure out how you're going to divide the time up between them. Also don't forget about each other, couples need time to spend together to keep their bond and love strong.

Related: [Gwen Stefani Is Pregnant with Third Child](#)

2. Let your kids know: Help your kids understand there's going

to be a new addition to the family soon. The third child arrives in to an already established family with pre-formed relationships. There will be power struggles between your kids, but you can help ease the change of gaining a new family member, by casually mentioning it from time to time. Both you and your partner can try mentioning it at dinner or at the park when you see other families, you could say, “soon our family” will grow.

Related: [Scarlett Johansson Is Expecting!](#)

3. Discuss and make plans together: Before the third child arrives you need to set up a game plan of how things are going to run. You may already have baby things from your previous kids, but you will most likely need some new things, especially if you don't want to let the third child feel less important than the others by only getting handy downs. Money issues and work schedules will also need to be discussed, and you'll need to work together to compromise and establish all the things you need to do to for your growing family.

How do you think a couple should prepare for the arrival of their third child? Share in the comments below.

Michael Ealy Says Son Elijah's Milestones Warm His Heart





By April Littleton

Not much is known about Michael Ealy's private life except that he has a wife, Khatira Rafiqzada, who he married Oct. 2012, and he welcomed a baby boy last year. "We have a son. I never understand why people announce the birth of their children," Ealy said in February. However, *The About Last Night* star seems to be warming up to the idea of opening up to the public. "There are multiple milestones every day," he told [People](#). "He said 'Mama' yesterday in the car and it really warmed my heart. It was a lot of babbling!"

What are some ways to keep your family life private?

Cupid's Advice:

Many people like to keep their personal life private, but have a hard time doing that without offending other individuals who may be a part of their life. Cupid is here to help:

1. Keep personal information quiet: Keep any secrets or other general information you're not comfortable with letting everyone known under wraps. If you're constantly around people who like to bring up personal subjects, stay away from them or simply tell them you're not interested in talking about your private life.

Related: [Pete Wentz and Meagan Camper Are Expecting a Baby](#)

2. Stay away from social media: Social media can be a couples' best friend or worst enemy. If you decide to post all of your business via Twitter or Instagram, it's guaranteed almost everyone you didn't want to know about your private life will be the first ones with the inside scoop. Avoid posting any pictures or statuses if it has to do with your loved ones.

Related: [John Krasinski and Emily Blunt Welcome a Baby Girl](#)

3. Keep your circle small: Make sure you can trust the friends you have to keep any private information between them. The more people you have around your family, the more likely it is for false information and miscommunication to appear. Maintain a tight, small circle of loved ones and keep your acquaintances at a distance.

What are some other ways to keep your family life private? Comment below.

Girl's Night Movie Pick of the Week: 'The Single Moms Club'





By April Littleton

Written, produced and directed by Tyler Perry, *The Single Moms Club* follows five single women on their personal journeys of self-discovery. The ladies are brought together by an accident at their children's school. They create a support group that helps them get through some of life's most challenging situations through the use of comedic relief and the strength they have in each other.

Should you see it:

Tyler Perry fans will be the first in line to see this film, but if you're unfamiliar with his work, take a look at some of the cast. Some well-known faces include Amy Smart, Nia Long, Terry Crews and William Levy. If any of those names ring a bell and you've enjoyed some of their previous work, consider taking a trip down to your local theater when *The Single Moms Club* premieres.

Who to take:

This movie is definitely all about girl power. Grab a group of your best girl friends for a Saturday night of fun. Of course, you can always drag your significant other along if you'd prefer to save this film for a couples' date night.

Related: [‘Pompeii’ is the Perfect Couples Night Movie](#)

What are some ways to date responsibly as a single parent?

Cupid’s Advice:

As a single parent, getting back into the dating world can be hard to do. You have to think about yourself, your new partner and your child(ren). You don’t have to give up completely. You can have a romantic life again and still be the best parent you can be. Just listen to your instincts and follow a few tips. Cupid is here to help:

1. Take your time: When you’re just starting out on the dating scene again, there is no need to rush any potential relationship. Take your time and get to know the other person well before you make any solid commitments. You have a child. Keep that mind. You shouldn’t bring different people in and out of your kid’s life. He/she doesn’t need to be any more confused than they already are.

2. Communicate with your kid(s): Your child(ren) need to know what’s going on (if they’re old enough to understand) in your life. Before you go out on any dates, explain to them what you’re going to be doing and make sure it’s OK with them. Reassure them they won’t have to worry about having a step parent anytime soon, and you’re only trying to get to know someone on a more adult level.

Related: [How to Date when You’re a Single Parent](#)

3. Consider feelings: If you decide to introduce your child(ren) to your new partner, make sure you realize this situation is a new experience for everyone. Your kid(s) and your new boo will need time to adjust to each other. Don’t pack on the PDA in front of your family. Help everyone ease into this new relationship by keeping it cool.

How did you date responsibly as a single parent? Share your

experience below.

Robin Thicke Takes Son to Disneyland Before Split with Wife



By April Littleton

A day before Robin Thicke and wife Paula Patton called it quits on their relationship, the “Blurred Lines” singer took his son on a day trip to Disneyland. An eyewitness told UsMagazine.com that Thicke seemed to be cheerful and was responsive to all his fans. “I asked if I could get his autograph and he said, ‘ Sure baby!’” Thicke and Patton confirmed their split in a statement Mon, Feb. 24. Sources claim the split was bound to happen, “It is not a shock to Robin or Paula, and it is something they have discussed for a

long time,” one source said.

How do you break the news of a separation to a child?

Cupid's Advice:

If you and your partner have come to an agreement in regards to divorce, the next course of action would be to tell the child/children the two of you have together. This step in the process of your breakup might be the toughest to go through, especially if your child may be too young to understand. Cupid has some tips:

1. Private setting: When you decide to break the tough news to your child/children, make sure to discuss it in a place where he/she will feel the most comfortable. The worst decision you could make is to tell your child about you and your partner's split in a public environment.

Related: [Marc Anthony Says He's 'Good Friends' with Casper Smart](#)

2. Allow them to ask questions: Once you get the “hard” part out of the way, allow your loved one to ask as many questions as necessary. Your child/children will need some time to process the thought of not having both parents under the same roof. Don't get frustrated. Instead, practice your patience and try your best to explain the situation.

Related: [Marc Anthony and Girlfriend Chloe Green Split](#)

3. Don't smother: Allow your child his/her own space. Everyone in this situation will need some time alone. When things seem to settle down a bit, ask your kid how they're feeling about the situation – including your former flame in the conversation might be a good idea as well.

What are some other ways to break the news of a separation to a child? Comment below.

Simon Cowell Shares Photo and Gushes About Newborn Son



By Brittany Stubbs

Simon Cowell might be known for his blunt British criticism, but when it comes to his new baby, he's not afraid to show his sweeter side. Last Friday, Cowell and his girlfriend Lauren Silverman welcomed their son Eric into the world, reports [UsMagazine.com](https://www.usmagazine.com). Cowell showed his love for the little guy by sharing a photo with all of his Twitter followers. Sleeping like a baby, surrounded by stuffed animals, Cowell captioned the picture of his son, "Eric's new friends." This is not the first time Cowell expressed his love of being a dad to his fans. "The last three days have been incredible," he tweeted on Sunday. "Eric Lauren sqiddly and diddly all happy."

What are some ways to compromise when it comes to childcare?

Cupid's Advice:

While welcoming a baby into the world is an amazing experience, it comes with a significant workload as well. Making compromises are key in any relationship, especially when it comes to taking care of another life. Cupid has some advice:

1. Communicate: One of the most important aspects of a compromise is understanding one another's needs and concerns. Understanding requires listening. Arrange a time where the two of you can sit down and discuss how you are feeling. Each take a turn speaking and listening.

Related: [Simon Cowell's Girlfriend Lauren Silverman Is Officially Divorced](#)

2. Agree on the roles you'll each perform: List out all the daily activities that are required for your child's care, from feeding and laundry, to running to the store for more formula. Decide together what tasks you should each be responsible for so the workload can be divided.

Related: [Simon Cowell Speaks Out On Becoming a Dad](#)

3. Be flexible: Part of being able to compromise is being flexible. You may not love having to change all the diapers, but if your partner can't stand it and much rather take on bath time and midnight feedings, consider it an even deal.

What are some ways you have compromised when it comes to childcare? Share your thoughts below.

Single in Stilettos Show: Best Dating Tips for Single Moms



In this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to author and lifestyle expert Kerri Zane about dating as a single mom. Zane knows from personal experience just how hard it can be for single moms to enter the dating world. In 2001, her 12-year marriage fell apart, leaving her feeling scared and unsure about the future. During her post-divorce journey, she learned how to forgive herself, how to listen to her intuition, and how to embrace her power to make her own choices.

Related Link: [Would You Date a Single Parent?](#)

Now, Zane wants you to live happily ever after too. In this video interview, she answers questions like: When is the right time to start dating again? How do you balance dating and

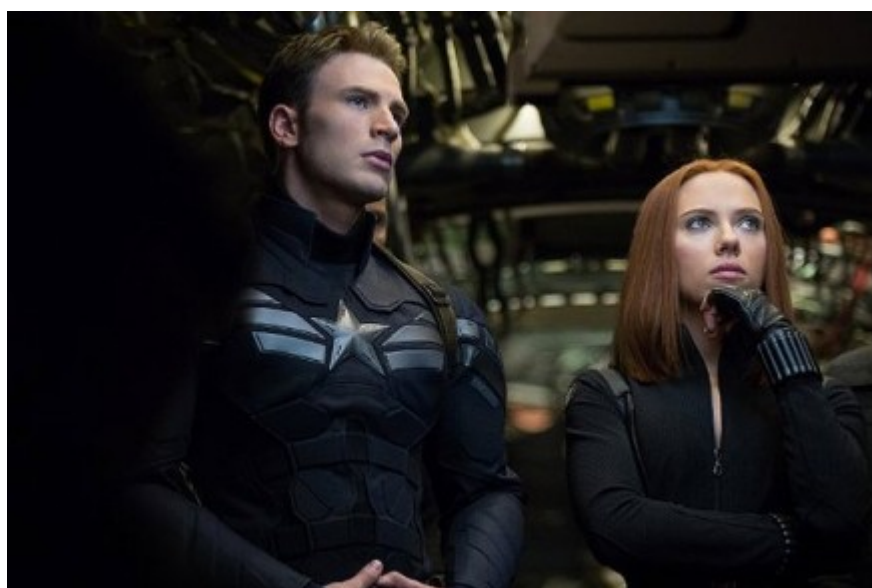
parenthood? How do you tell a new guy that you have kids? And how do you handle men who don't want to date single moms?

For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Cupid wants to know: What's your best dating tip for single moms?

Pete Wentz and Meagan Camper Are Expecting a Baby



By Louisa Gonzales

It looks like Fall Out Boy's bassist, Pete Wentz will soon be welcoming a new member into his family. Wentz is expecting his

second child with model girlfriend, Megan Camper, this will be the couple's first child together. Wentz revealed the news via Instagram on Monday February 17, with a photo of the lovebirds cuddling and sharing a kiss. According to a source of [People](#), the duo have planned to have a baby for a while, and are excited for Wentz's first son with ex-wife Ashlee Simpson, Bronx, 5, to have a "new little buddy". Congrats to the happy pair.

What are some ways to prepare your relationship for a child?

Cupid's Advice:

Having a child together is a big step in a couple's relationship. When you know you want to have a baby with your lover, it can be a new and exciting step for both of you, but that doesn't mean it won't be hard. Preparing and figuring out all the new things that comes with being pregnant and having a child is vital to make things run as smoothly as possible. If you and your partner are looking to take the next step of your romantic partnership by having a baby, cupid has advice on ways to prepare:

1. Learn what to expect: To understand and prepare for a new addition to your family, do your research and learn all the things that come with pregnancy, a newborn baby and being first time parents. Gather all the information you can from classes, books or friends and family who have already went through pregnancy, every little thing helps with figuring out what to expect. There's a lot that comes with pregnancy and children and it will no doubt be overwhelming at times, but if you work together as a pair, you can overcome any challenges your relationship will face.

Related: [Pete Wentz Hints at Marrying Model Girlfriend Meagan Camper](#)

2. Know that things will change: Once the baby arrives your

normal daily routines are going to be turned upside down. Know that it's not going to be easy and smooth sailings all the time, especially in the beginning. Figuring out how to take care of the baby and how the household is going to work is going to take time. A lot of couples don't understand how much things will change and feel they need to attend couple's therapy, but really you just need to redefine your relationship.

Related: [John Krasinski and Emily Blunt Welcome a Baby Girl](#)

3. Have clear communication: To avoid any misunderstandings or pointless arguments, communicate with each other and share your thoughts and feelings. You need to let your partner know what's going on and have a clear plan of what you both need and want if your relationship is to stay strong. The key to creating and sustaining a long-term relationship is being able to speak and listen to your lover. If both you and your romantic mate are on the same page it will make things easier for the both of you.

How do you think a couple can prepare their relationship for a child? Share your tips in the comments below.

How to Date when You're a Single Parent





By April Littleton

Being a single parent has its challenges – especially when it comes to dating. When you're raising children on your own or co-parenting, getting back into the dating pool is hard. You're not sure how your kids will adapt to someone new hanging around. Plus, is it even worth it to try to give your heart to someone else? Cupid has some tips:

1. Take your time

You don't have to rush into a relationship with anyone. You have your kids to think about and they don't need to be introduced to a new person every single week. When you're ready to start dating again, take it slow. Don't worry about what other people think. You start to date when you feel like it's the right time, not when anyone else says you should start testing the waters again.

2. Explain to your kids

When you do start to see someone new, you need to prepare your children for the situation. Whether they are too young to understand what you're telling them or not, you still need to let them know you're going to spending some time with her person who isn't their mother/father. Reassure them that the new love in your life isn't there to take the place of their

other parent, but you're simply hanging out with someone else on a romantic level. Your children will have plenty of questions. Try your best to answer each one of them honestly without getting into any specific details about your love life.

Related: [The Do's and Dont's of Speed Dating](#)

3. Introduction

You obviously don't need someone who you've only been dating for a short time to meet your children. However, if things get serious between you and your new potential love interest, you need to start thinking about introducing your honey to the other important people in your life. Make sure your new boyfriend/girlfriend already knows about your kids (that should have been one of the first things you told them when you first started dating) before you set up a date for the whole gang to meet. When the day does come for the outing, make sure you keep the activities fun, short and to the point.

Related: [How to Handle a Clingy Partner in a Relationship](#)

4. Be courteous

Be careful how much PDA you should – especially in front of your children. Everyone will need to adjust to you dating someone new, so make sure to avoid any situations that could be uncomfortable and/or hurtful to your kids. Also, your new partner might not be too fond of the idea of the two of you sharing serious affection for each other in public anyway.

5. Keep your past where it belongs

Your ex shouldn't be involved in any part of your love life. Don't bring him/her up unless the reason has something to do with the children you have together. If you want to develop a serious relationship with the new man/woman in your life, they don't need a constant reminder of the feelings you and your

former flame once had for each other. You need to start living your life for you and your kids. Who you date has nothing to do with your ex and vice versa.

Do you have any additional advice for a single parent who's dating again? Comment below.

John Krasinski and Emily Blunt Welcome a Baby Girl



By April Littleton

According to [People](#), Emily Blunt and John Krasinski welcomed their first child, a daughter named Hazel Sun. Feb. 16. The former *Office* actor made the announcement himself via Twitter, "Wanted to let the news out directly. Emily and I are so incredibly happy to welcome our daughter Hazel into the world today! Happy bday!" Krasinski wrote. The new parents married

in 2010 and announced their pregnancy last September.

What are some ways to prepare your relationship for a baby?

Cupid's Advice:

Congratulations on your pregnancy! Now, you have nine months to prepare yourself and your significant other for what's to come next. Cupid is here to help:

1. Friends and family: Ask some of the people who you're close to for helpful advice. What would they recommend to buy for a newborn? What kind of parenting classes should you and your partner look into? You want to experience being a first-time parent all on your own, but there's nothing wrong with getting a little help along the way – especially if the people you ask have been through what you're preparing for now.

Related: ['Bachelorette' Alum DeAnna Pappas Welcomes a Baby Girl](#)

2. Organize your finances: You and your significant other need to agree on a set budget. You won't be able to spend money the way you used to with a new baby on the way. Forget about buying yourself a pair of new shoes whenever the urge comes around. Now, you'll need to save up for more important products – diapers, baby wipes, bottles, etc.

Related: ['The Fosters' Star Sherri Saum is Expecting Twin Boys](#)

3. Discuss work: As a couple, you and your honey will need to figure out who is going to stay with the baby and who will stay at home for awhile. If you plan on breastfeeding, the decision has already been made for you. Either way, the both of you will need to think of a schedule that works and/or decide if arranging professional childcare would be the best option.

What are some other ways to prepare your relationship for a

baby? Comment below.

Making the Most Of Valentine's Day Even If You're Unhappy



By Michele

Sfakianos, RN, BSN for [Hope After Divorce](#)

unhappy valentine's day? it doesn't have to be

After a divorce, many holidays can be depressing, and Valentine's Day can be the most depressing of all. The media promotes this day for lovers, and those not in a relationship – or just getting out of one – may feel left out. The holiday can also leave you feeling as if something's wrong with you because you don't have someone special to share it with. But

don't worry – you can still have a happy Valentine's Day!

Related Link: [Surviving Holidays as a Stepparent](#)

If you have children, celebrate your holidays with them. After all, they're a special part of your life. If you don't have visitation that day, then pick another day and celebrate. Children love special celebrations, especially when you tell them that *they* are the reason for the celebration. If you don't have children, why not plan a special outing just for yourself?

It is time to adjust how we feel about our holidays. We shouldn't feel pressured to have a significant other in our life. We should love ourselves and celebrate that love every day, not just on holidays.

Look at celebrity couple Hilary Duff and Mike Comrie, who recently announced their separation. They have a one-year-old son and are both very dedicated to co-parenting, loving, and raising Luca as a team. The exes still spend a lot of time together with their son. For example, on New Year's Eve, Duff shared an Instagram of the three of them at Disneyland the week before. I wouldn't be surprised if they spent Valentine's Day as a family as well!

Related Link: [Hilary Duff and Mike Comrie Announce Their Separation](#)

Here are some great ideas for your special celebration:

- Call a close friend or a family member and go to a movie, get a manicure and pedicure, or bake a sweet treat.
- Turn off all of your electronic devices and read that book or magazine that's been sitting on your nightstand for months.
- Take your children on a nature walk or to a local park. Don't just send them off to play; go play with them!

- Make yourself a fancy dinner. Use your best dishes and make sure to put fresh cut flowers in the center of the table as a present to yourself.
- Take a warm bath with essential oils. Don't forget the candles! Just totally unplug during this time. Read that book or magazine I mentioned earlier.
- Share your time with someone in need. Volunteer at a local shelter or serve dinner at a soup kitchen.
- Turn on the tunes and dance!
- Set the evening aside to look at old photos, especially those that bring back great memories.

Celebrations don't have to be expensive, but it is important to acknowledge the holidays. Valentine's Day is what you make of it. It is a day to celebrate love. No matter if you are alone or part of a couple, celebrate yourself and the power you have to make others feel valued. Remember: The most important thing you can do to bring true love into your life is to love *yourself*.

For more information about Hope After Divorce, click [here](#).

Michele Sfakianos, RN, BSN, is a Registered Nurse, Life Skills Expert, Speaker and Award Winning Author. She is the owner of Open Pages Publishing, which includes her series of "The 4-1-1" books on Life Skills, Step Parenting, and Surviving Teenhood. Michele is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.

Blogger Perez Hilton Talks About Being a Single Celebrity Parent, Online Dating, and His Recent Move to New York



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.
At the Match.com Singles in America event, CupidsPulse.com Executive Editor Lori Bizzoco talked to panelist and blogger Perez Hilton about online dating and life in New York City with his sweet son, Mario.

Celebrity Video Interview with Perez Hilton

As for why he was on the panel at Saturday's event, the

celebrity gossip columnist reveals, “I’m here to talk about my experiences – I’m on Match and many other sites. I think it’s fun to offer my perspective, which may be different from the other panelists because I’m a gay man and a personality.”

Related Link: [‘Millionaire Matchmaker’ Patti Stanger Talks Online Dating and Finding The One](#)

In our celebrity video interview, the blogger lights up when the subject turned to his son. “He loves New York! We do so much here,” he shares. “I think raising a child in New York City is the best because there’s so much to do and it’s so easy to do so much.”

Of course, having a child changed Hilton’s dating life, but he doesn’t like to use the word “difficult” when it comes to finding love. “It definitely presents challenges that a single person wouldn’t face. Like I choose not to bring guys back to my place. You gotta work around it! Do what you got to do.”

Right now, though, the single celebrity parent’s priority is Mario’s first birthday on Feb. 17. He shares that the father-and-son duo will be celebrating with a blessings ceremony. “I’m inviting all my close friends and family to come over and write down little blessings on a sheet of paper,” he explains in our celebrity video interview. “I’m trying to get some spiritual folks – maybe a rabbi and a priest, maybe a monk – to share some words and blessings as well.”

Visit PerezHilton.com for more from the celebrity gossip columnist.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).