

Tim McGraw and Faith Hill Deny Divorce Rumors



By April Littleton

Tim McGraw and Faith Hill insist that their marriage is still going strong despite the recent tabloid reports about an inevitable divorce. “[Rumors] seem to be running like crazy right now for some reason. It’s perplexing,” Hill told [People](#). “I don’t know why ‘happy’ can’t be a story.” The couple have been married for 17 years and have three children together.

How do you keep rumors from affecting your relationship?

Cupid’s Advice:

A stable, committed relationship is hard to maintain when

rumors are involved in the equation. As a couple, you and your partner have to remain strong and keep an open line of communication between the two of you in order to get past this. You have to have an extreme amount of trust, among other things, to look beyond the hurtful rumors that are being said about your relationship. Cupid has your back:

1. Communicate: One small misunderstanding can ruin a long-term relationship. If you hear something you're not sure about, talk to your partner about it. Sometimes a piece of information can be taken the wrong way and can get back to you completely misconstrued. As long as you and your significant other remain open and honest with each other, any gossip you hear from family or friends should be able to go in one ear and out the other.

Related: [Doug Hutchinson and Teen Bride Courtney Stodden Separate](#)

2. Ignore it: More often than not, the people who spread the rumors involving your relationship are looking to get attention from you and your honey. Don't sweat it. The whole world doesn't need to know the details on what's going on with you and your boo. If you don't feel like sharing the truth or even acknowledging the rumor swirling around, then don't.

Related: [Bruce Jenner Says 'Nobody is Filing for Divorce'](#)

3. Address the problem: Sometimes the best way to get rid of a problem is by confronting it head on. Let all of your loved ones know what's going on before the rumors get out of control. You don't have to tell everyone you know. Just tell the people who you consider to be in your close circle. As long as your close friends and family members know the real deal, the misinformation shouldn't bother you and your partner as much.

What are some other ways to keep rumors from affecting your relationship? Comment below.

Keith Urban Says Marriage and Family Takes Work Every Day



By Kristyn Schwiep

Keith Urban and wife, Nicole Kidman, have been together for seven years. Urban says marriage and family takes work every day. “Somewhere in the last couple of years, I’ve really grasped the concept of the brevity of time,” he told [People](#). “It’s very, very fleeting. No matter how many years are ahead of us, it will all be gone very quickly. I don’t want to miss any of it.” Urban said that a marriage is like a garden, “it’s not fixed and then you moved on; it’s maintained on a daily basis.”

What are some ways to work on your marriage?

Cupid's Advice:

1. Communicate: You and your partner need to take the time to communicate with each other. Try making a list for each other of what you think is wrong with your marriage and ideas for your two to improve on your relationship. Talking about your feelings can be difficult, but talking through your problems needs to be done so you are aware of what is going on.

Related: [Nicole Kidman Chooses Great Love with Keith Urban Over Career](#)

2. Make sure you listen: Even though communicating may seem like the hardest part of fixing a troubled marriage, listening to what each other has to say can be even tougher. Make sure that you listen to what each other are saying. If you don't listen, you won't get anything accomplished.

Related: [Keith Urban Says Wife, Nicole Kidman, Saved His Life](#)

3. Be grateful: Keep your relationship strong, by not being selfish. If your partner does something wrong, try not to nag or nitpick at them. Find a rhythm that works best for both of you for different aspects of your relationship. Being selfish and ungrateful can cause stress and turmoil in any relationship.

What are some ways you have worked on your marriage? Share your thoughts below.

When Are You Ready To Be a Dad?



By [David Wygant](#)

One of my subscribers sent me a fantastic question the other day: When are you ready to be a dad? I'm a dad. I never thought I would be one. And now, not only am I a father, but I love it. For me, there's no greater feeling in the world. There's nothing better than walking across the street holding my daughter's little hand. There's nothing better than sitting on my sofa while she climbs and crawls all over me – except when she bounces on my stomach after a big meal!

Related Link: [Brad Pitt Says Fatherhood Has Made Him a Better Man](#)

My daughter's still very young; she's only three years old. But the love she gives me is a love I've never experienced in my life. It's so fulfilling. And you know what? I wasn't ready to be a dad. It's like the old saying says: "You're never ready to be a father...until the kids arrive." Even then, you might not be ready, as the changes in your life are so sudden and drastic.

Remember that your wife becomes a mother; it's a completely new experience for her too. She has a little human being entirely dependent on her 24 hours a day, 7 days a week. You're no longer going to feel like her number one priority, but she's going to need you more than ever.

You need to understand it's only a temporary feeling of displacement. Once you start bonding with your child, you'll start to feel a lot more involved again. Don't worry if it takes a bit of time to get to know your little one. Some guys don't feel like they bond with their kids until they hit two-years-old – it's easier to connect with their children when they're walking and talking. There's nothing wrong with that.

You need to ask yourself a different question: Is being a father something I want to do? The changes are so major that you have to *really* want it. The sleeping in on the weekends is over. The late nights over at your friend's house are done. Coming in after work and just putting on the television is no more! When you're a dad, you have to be on when you get home. You must spend time loving and connecting with your child. You need to be the role model your dad may or may not have been for you. You have to open your mind and open your heart.

Related Link: [Celeb Dads Who Are Doing It Right](#)

You have to step outside your comfort zone and live for someone else. Is that something you can do? Is that something you desire from life? If the answers to these questions are yes, then don't worry about being ready and don't think you

need to know everything. There's no guidebook. We all learned on the fly!

If you truly want to embrace the good and bad experiences that fatherhood brings, then you're as ready as you'll ever be. Nothing will prepare you for it, and it won't be anything like you imagine. But honestly, it's the most beautiful, rewarding, and humbling experience any man can have.

For more information on David Wygant, click [here](#).

'Modern Family' Star Julie Bowen Advocates For Son's Anaphylaxis





By Priyanka Singh

Modern Family star, Julie Bowen, recently opened up to CelebrityBabyScoop.com about her advocacy for a special cause known as anaphylaxis, which is a deadly type of allergic reaction. Bowen talked about her son's frightening experience when he had a scary "life threatening allergic reaction to peanut butter." The actress also chatted about the joys of being a mother to three rambunctious boys: 6-year-old Oliver and 4-year-old twins, John and Gus.

CBS: What are your best tips for parents in talking to their kids, making them aware and self-advocates of their anaphylaxis?

JB: "It's important to have an anaphylaxis action plan and to talk about it with your child. The plan should include avoiding allergic triggers, knowing the signs and symptoms of anaphylaxis, having access to two epinephrine auto-injectors, and being prepared to respond if anaphylaxis occurs.

Talking about the topic can be empowering for a child. We talk

to my son about his life-threatening allergies a lot, and as a result, he's become his own best advocate. He's six and tells everyone about his allergy to peanuts and asks if there are nuts in foods before he eats a food he doesn't recognize."

Related Link: [Best Celebrity Moms \(Who Also Make Great Wives\)!](#)

CBS: How are your boys doing?

JB: "I have three boys, so my house is ... rowdy! They are close in age, so they really do like playing with one another, and so far, get along very well. I hope that continues. We just came out of a busy summer with lots of camps and activities, so we're settling in to new routines and a new school year."

CBS: How do you juggle your busy career and your family life?

JB: "It's a constant juggling act, and I'm just like every other mom trying to do the best I can. I have noticed that, now that the boys are a little older, they notice more when I am gone, so I try to be around as much as possible. But it's good for them to see I have a job that I love too. And I'm lucky that my work schedule is very manageable."

CBS: What is it like raising kids in Hollywood? Do the paparazzi drive you crazy?

JB: "I try not to really let it affect us too much. The kids could really care less that I am on TV. If I'm not on a cartoon, they're not interested. I'm just Mom."

Related Link: [10 New Celebrity Moms](#)

CBS: What's up next for you?

JB: "I'm really enjoying my work on *Modern Family* and the stage it's given me to bring new information to other moms. This includes my work to raise awareness of anaphylaxis with the Get Schooled in Anaphylaxis campaign as well as my work with Neutrogena next year. So, more of that and just spending

as much time with my family as I can!”

For the rest of the interview, visit www.celebritybabyscoop.com/2013/11/06/important-anaphylaxis-action.

**Sidebar photo courtesy of Celebrity Baby Scoop.*

‘RH0A’ Star Phaedra Parks Talks New Book and Marriage: “Remember What Made You Fall in Love”





By Kerri Sheehan

Phaedra Parks of Bravo's *The Real Housewives of Atlanta* is well acquainted with working hard and multitasking. There is seemingly nothing this mother of two can't tackle; she has a healthy relationship with her husband, and a booming law firm, The Parks Group, P.C. Parks began her association with *RHOA* as the show's lawyer, but this beautiful Belle quickly went from behind the scenes to in front of the camera, joining season three as a cast member. "Now, I can say I've pretty much done everything when it comes to TV – from the licensing deals to being the on-air talent," says the starlet.

Never one to slow down, Parks is also venturing into the funeral business, working towards her mortician's license and opening up her own family-run funeral home. When asked how she got into the business, it's really a sad story. "Unfortunately, I got into this industry because I had a lot of great friends who passed. People would ask me to help with the funeral arrangements, and I actually became very intrigued by every aspect of the mortuary process – from picking out the makeup and dressing the body to the funeral service. I always

paid a lot of attention to the preparation and all of the details.” Family is a motivating factor in everything Parks does, and by opening a funeral home and crematorium in the near future, she hopes to leave a legacy for her family. “It’s a very multi-dimensional industry: You’ve got the business portion, you’ve got the counseling portion, and then you’ve got the preparation of the body portion.”

Related Link: [NeNe Leaks Ties the Knot with Gregg Leakes, Again!](#)

Throughout her somewhat unusual change of direction in career, husband Apollo has been very supportive. “I think communication is key in any marriage,” she candidly shares. “You need to clearly communicate how you’re going to achieve your goals and how your partner will be a part of your plan.” For women looking to make a similar track change in their career, Parks suggests making sure your spouse knows that they’re a significant ingredient in your success. This high-powered business woman knows that it’s not good practice to plunge into the unknown while dragging your hubby by the collar – having him as an equal and understanding partner in the new undertaking will help smooth any obstacles that may pop up during the career transition.

Related Link: [Real Housewives Star Gretchen Rossi Proposes to Slade Smiley](#)

Given her multifaceted career path, she prides herself on being an undeniable woman of southern charm and distinction. In her new book, *Secrets of the Southern Belle: How to Be Nice, Work Hard, Look Pretty, Have Fun, and Never Have an Off Moment*, she gives readers an updated version of social etiquette that mixes modern living with traditional morals. “I think some of the books out there are too traditional, so I put a spin on it with texting, social networking, and other things like that.”

From growing one's social circle, to strengthening one's professional life, Parks knows from experience that a little bit of etiquette goes a long way in any situation. Parks' mantra is "style is void without substance," and this sentiment echoes throughout her book as she teaches you that you don't have to be from the South to be a Southern Belle. "A Belle is anyone who's charming and graceful, who exhibits poise, and who appropriately maneuvers social settings," she explains, "You can put on stylish clothes, but if you're not wearing confidence, integrity, and class, then your outfit doesn't really matter."

A real Southern Belle herself, Parks believes little grace should be applied to every situation at hand. "Even if you feel very strongly about something, it may be best to revisit the conversation privately rather than publicly – you may be humiliating someone, which you never want to do," the author shares. "Being nice and killing people with kindness has definitely been my weapon of choice throughout my career."

Related Link: [Phaedra Parks Welcomes Second Son](#)

Of course, life is about more than just your job; Parks strongly believes that her most precious time is spent with her family. As a mother of two young boys, she credits prioritizing as the key to juggling it all. Her biggest tip for other women is to take care of yourself first, and everything else will follow. "If you're at your best self, then you'll give your best. It's easier said than done – trust me!" Taking moments to focus on yourself among all of the chaos of life will help maintain your identity as a woman. She says that the old saying is true: "Happy wife, happy life!"

This strong woman has known her husband since 1995, and the two have been married for four years. Because they have a long history she says, "We can sort of anticipate what the other one is going to do, whether it's good or bad, and we try to adjust our actions accordingly." The reality starlet adds,

“communicating, compromising, and negotiating keeps our marriage strong.” For women struggling in their relationship, Parks shares this piece of advice: “Remember what made you fall in love with that person and know that no marriage is going to be perfect everyday. You have to realize which battles are worth fighting, which ones need to be negotiated, and which ones you allow your partner to control.” Parks knows that when you’re going to be with someone forever, you’re not always going to be on the same page, and that’s okay.

Be sure to check out ‘Secrets of a Southern Belle,’ available on Amazon, and catch more of glamorous and successful Phaedra Parks on Bravo’s ‘The Real Housewives of Atlanta’ on Sundays at 8/7c. You can also connect with her on Twitter or her website.

**Sidebar photo courtesy of Anderson Group PR.*

How to Cooperatively Co-Parent After Separation or Divorce





By Rosalind Sedacca, CCT for [Hope After Divorce](#)

Since they're parents of a two-year-old son, Orlando Bloom and Miranda Kerr's separation is more than just celebrity news. They have become role models for how to handle divorce. At the Child-Centered Divorce Network, we watch celebrity divorces carefully, honoring them when they do things right – and admonishing them if they're doing things wrong.

So far, we're hearing the right messages that every couple facing separation or divorce should heed. I value what Bloom said recently on a TV interview: "We love each other. We're a family. We're going to be in each other's lives for the rest of our lives." That, in essence, is the reality divorcing parents face. Why not approach it cooperatively for the well-being of your children? Bloom added, "For the sake of our son and everything else, we're going to support one another and love each other as parents to Flynn. Life sometimes doesn't work out exactly as we plan or hope for. But fortunately, we're both adults, and we love and care about each other. And we, most of all, love our son."

Related Link: [Can You Really Be Friends With Your Ex?](#)

I love this response and am delighted to share it with others. No doubt, life for parents after divorce can be enormously complex and challenging for several reasons.

– Both parents are bringing the raw emotions resulting from the divorce into a new stage in their lives.

– Mom and Dad are also bringing previous baggage from the marriage – ongoing conflicts, major disputes, differing styles of communication, unresolved issues, and continual frustrations – into the mix as they negotiate a co-parenting plan.

– Both parents are vying for the respect and love of the children – and are easily tempted to slant their parenting decisions in the direction that wins them popularity with the kids.

– Anger and resentment resulting from the divorce settlement can impact and influence levels of cooperation in the years to come.

– Parents may disagree about major issues ahead that weren't part of the parenting dynamic in the past, including visits and sleepovers with friends, scheduling after-school activities, handling curfews, new behavior problems, consequences for smoking, drinking and drug use, dating parameters, using the car, and scheduling vacation time.

– Parents may not share values and visions for the children as they grow and may also not agree on the plan of action required to honor those values.

When these types of differences appear, parents might find themselves struggling to find ways of coping. Agreement on how to co-parent effectively in the present and the future is not a one-time discussion. It takes on-going communication, both

verbal and written, as well as regular meetings via phone or in person. And it takes a commitment to make co-parenting work – because you both want it to.

Related Link: [Must We Remain Friends with Our Ex-Husband?](#)

The consequences, when it doesn't work, can be considerable. Your children are very likely to exploit any lack of parental agreement or unity, pitting Mom and Dad against one another while they eagerly take advantage of the situation. This is a danger sign that can result in major family turmoil fueled by behavior problems that neither parent can handle.

When Mom and Dad are on the same page, so to speak, they can parent as a team regardless of how far apart they live. These parents agree about behavioral rules, consequences, schedules, and shared intentions regarding their children. They discuss areas of disagreement and find solutions they can both live with – or agree to disagree and not make those differences an area of contention.

Keep in mind that when you're more open and receptive to your co-parent, you are more likely to get what you really want in the end. Good listening skills, flexibility, and the commitment to do what's best on behalf of your children are part of a smart co-parenting mindset. Remember that co-parenting will be a life-long process for the two of you. Why not do it in a way that will garner your children's respect and appreciation? It looks like Bloom and Kerr recognize the importance of that. I hope other co-parents do as well.

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

Rosalind Sedacca, CCT is a Divorce and Parenting Coach and author of the ebook, How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! Acclaimed by divorce professionals, the book provides fill-in-the-blank templates that guide parents in creating a family storybook with personal photographs as an ideal way to

break the news. Rosalind is a contributing expert at HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. For her free ebook on Post-Divorce Parenting: Success Strategies for Getting It Right!, her free ezine, articles, coaching services, and other valuable resources, visit Rosalind's personal website, www.childcenterreddivorce.com/ or follow her on www.facebook.com/ChildCenteredDivorce/ and Twitter @RosalindSedacca.

‘Full House’ Actress Candace Cameron Bure Talks Motherhood



By Priyanka Singh

Former *Full House* actress and now mother-of-three, Candace Cameron Bure, recently talked with CelebrityBabyScoop.com about how she keeps in touch with her former co-stars, including John Stamos and Bob Saget, and also how she handles the hectic life of motherhood. Bure comments on her parenting style and says her children consider her to be a “pretty cool” mom overall. Plus, she mentions what’s up next for her!

CBS: You also recently attended the 30th anniversary of the Starlight Foundation with Bob Saget and John Stamos. What was it like to reunite with your former *Full House* co-stars? Do you stay in touch regularly?

CB: We all see each other on a pretty regular basis, so it’s never as much as a reunion for us as it is for the fans. Just days after the Starlight event, we were all at Dave Coulier’s house celebrating his birthday. The jokes are endless and so are my tears from laughing so hard. I think it’s heartwarming for fans to know our love for each other is real among us. I’m always posting our pics together on Instagram and Twitter!

Related Link: [Gilles Marini Says He’s “Blessed to Have the Chance to Be a Father – It’s Magical”](#)

CBS: What are your three kids up to nowadays? Are you a typical soccer or hockey mom, driving them everywhere? Does your oldest have her driver’s permit now? How are you handling that?

CB: Maks is 11, and Lev is 13, and both play travel hockey. We’re at the rink six days a week and driving/flying anywhere between San Diego and San Jose on a regular basis for it. So yes, I’m a total hockey mom! Val coaches their teams, so he’s very involved, and together, we accommodate and coordinate our work schedules with the kids. It’s a balancing act for sure since Val and I travel a lot for work. Natasha plays Varsity

tennis for her high school. You could say our family is all about sports.

Natasha turned 15 this summer, so she won't get her permit until early 2014. We've practiced a few times in the car, but we're taking it slowly! At least I am. She can't wait to get her permit, and when she does, I'll be happy to practice more with her. But let's just say, she won't have her own car waiting for her to drive when she's 16!

CBS: If we asked your children what kind of mom you are, what would they tell us? What is your parenting style?

CB: So I just asked my daughter and here's what she said: "You're an encourager, always telling us positive things and motivating us. But you don't hover. You teach us how to do things, and then you let us do it on our own. You're very involved in our lives, but you're not overprotective or making sure we never fail at things. You let us fail and make mistakes. Then, you teach us how to do it better or differently next time. I'd say, you're strict but more that you give us boundaries. Boundaries that are good for us and consequences when we don't stay within them."

Related Link: [Alicia Keys: Motherhood Has Made Me A Better Person](#)

CBS: Wow – that is a total compliment coming from a 15 year old!

CB: I think my boys would say I'm loving and encouraging, then say I'm too mushy and kissy and a little dorky, but then say I'm pretty cool overall.

For the rest of the interview, visit www.celebritybabyscoop.com/2013/10/30/candice-cameron-overall.

**Sidebar photo courtesy of Celebrity Baby Scoop.*

Maggie Scarf Breaks Down Unique Family Dynamics in 'The Remarriage Blueprint'



Interview by Gabriela Robles. Editorial by Kristin Mattern.

Maggie Scarf, *New York Times* bestselling relationship expert, fellow of Yale University, and member of the advisory board of the *American Psychiatric Press*, shares with readers in-depth stories of seven remarried couples in her newest book, *The Remarriage Blueprint*. Though almost 40 percent of new marriages in the United States are remarriages, little has been written about the unique challenges that these couples

face. Scarf has dealt with the subjects of divorce and remarriage for over thirteen years, and with this book, she delves into the core of the five major challenges remarried couples will confront as they work towards becoming a unified family: the impact of insider/outsider forces, the losses children face, the task of parenting, the unification of disparate family cultures, and the extension of family boundaries. Through interviews, the author touches on the every day difficulties of combining families, such as stepparenting, household routines, exes, alone time, and finances. She explores what works and what doesn't and reveals the complications of remarriage.

We recently talked to Scarf about this must-read book.

Related Link: [Patrick Stewart Marries for the Third Time](#)

The Remarriage Blueprint shares seven stories of married couples. Can you tell us about your process for collecting their experiences?

I started in 1998, and I interviewed 40 volunteers. During my work, I found that there were no good theories or research on remarriage and stepfamilies, so I tucked the project away for later. Research about remarrying and stepfamilies is taught nowhere, even though a huge segment of the population struggles with these unique issues. Around 2009, I saw that there was this wonderful theory that had been set up on the basis of the evidence that has been collected since the late '90s. So I started a new set of interviews but also went back and talked to the couples from before. This way, I had a longitudinal and fresh approach to work with with this theory, which boils everything down to the fact that there are five major factors – that aren't discussed – that couples who are remarrying with children have to face.

How do you think that a remarriage differs from a first marriage?

It is said that "remarriage is the triumph of hope over experience." Remarriages are ten percent more fragile than first marriages. Even though we have a very high divorce rate in our country, remarriage divorce rate is ten percent higher than that. The truth of the matter is, at the very worst, 60 percent of remarriages fail. These people really need information and answers to their questions.

Many remarriages happen later in life when people more settled and have a career. How do you think this affects remarriage?

You may be choosing a much better partner, one who is kinder and more accepting or maybe one who is less abusive verbally or even physically. But it may also include children. Two partners have fallen in love and chosen each other, but the kids haven't chosen them, and they may have been through a lot of loss and change already.

The biggest difference between first marriage and second marriage is, in the first marriage, you have time to iron out your differences and work out your habits. You can work out issues like: Do we sit down to dinner? Can you start eating before everyone is at the table? What is a decent curfew? Are kids allowed to have tantrums? Where do you keep the silverware? It sounds silly, but it can cause huge upsets when the outsider comes in and says, "Hey, I want some changes here. I want some more order. I want some more authority."

Usually, the biological parent and kids are resistant. The outsider, the new stepparent, is hammering, "Let me in, let me in," and the biological parent is trying to make sure his new partner is happy while also trying to reassure the kids that nothing will change. That's impossible, though, because changes have to happen.

Think of it like architecture. You can think of one building, that's the first marriage building, and the second building is the remarriage building. The second one has design challenges.

It's not a conventional building like the first noel it's going to have to be worked out overtime. The whole *Brady Bunch* idea that we all simply meld together doesn't work. You have to cope with the unique difficulties involved.

Related Link: [Second \(and Third\) Marriages: Destined For Divorce?](#)

And finally, do you have any tips for our readers who are trying to keep their remarriages alive?

I would suggest they look at the five challenges because it gives them a way to think about the work of remarriage. For example, parents are sensitive about the way they raise their children. Let's say the stepdad says to the biological mother, "My heavens! The way your daughter came in last night and left her snack out and her shoes on the floor – was she raised in a barn or what?" That is a huge message – you're a bad parent. Change that to an I statement: "When I came down, I found all the cheese and crackers out. I'd really appreciate if you could get Trish to clean up after herself. It leaves the kitchen messy, and I don't want mice. How can we handle this?" That's not a fight; that's a discussion.

Now, what about if the mom and the stepdad have Coke with dinner and the other set of parents have milk? One way you can deal with that is to that Mom's house and Dad's house are different. It is just like two different classrooms; in one classroom, you have to raise your hand to do anything, but in Mr. Smith's classroom, you can just get up and walk around. In other words, it's never that one house is good and one's bad. Keeping parental conflict down is the most important thing a couple can do.

If you want to purchase The Remarriage Blueprint, visit Amazon.com. For more information on Scarf and other books she has written visit her website, <http://maggiescarf.com/books/the-remarriage-blueprint>

*/synopsis/ or connect with her on
www.facebook.com/Maggie-Scarf-175903732441707/ or Twitter
@Maggiefirst.*

Celebrities Share Their 'Spook-tacular' Family Halloween Plans



By Priyanka Singh

With Halloween just around the corner, many celebrity couples are getting ready to have some festive fun with their little

ones! In fact, some celebrity parents are eagerly awaiting their tiny tots' first Halloween experiences. From finding the perfect family costumes to planning an exciting ghoulish outing, *Celebrity Baby Scoop* asked some of our favorite families about their plans for ringing in this spook-tacular holiday.

Read on to find out what a few celebrities are doing for Halloween!

Giuliana and Bill reality stars, Bill and Giuliana Rancic, recently celebrated their son Duke's first birthday, and now, they're excited to plan his first Halloween experience. "That's Giuliana. She is big into the holidays and things like that," says Bill regarding their Halloween festivities. "She is already planning out his Halloween costume, so stay tuned."

Related Link: [Giuliana Rancic Says, "Have a Strong Marriage is the Greatest Example You Can Set for Your Child"](#)

Backstreet Boys star A.J. McLean will be home to celebrate Halloween with his 11-month-old daughter Ava and wife. The singer shares his potential family costume ideas: "We all call each other monkey, so we might be a family of monkeys. I also thought it would be cool if I was Mario, my wife was Princess Peach, and my daughter was Toad from the Mario Bros [laughs]. What I really want to do is be Jack, Sally, and Zero from the *Nightmare Before Christmas*. My wife is a hair stylist and a makeup artist, so she would hook us up perfectly."

Dancing with the Stars co-host Brooke Burke-Charvet and husband David Charvet look forward to all of the family fun that comes with decorating and picking costumes for their four kids: Neriah, 13, Sierra, 11, Rain, 6, and Shaya, 5. "We love Halloween – it is action packed with my brood of six," she shares. "We're in the process of decorating our house right now. Shaya wants to be a ninja; Rain wants to be a vampire;

Neriah will be Minnie Mouse; and Sierra has a handmade Sponge Bob costume – and of course, it'll all probably change the day before.”

Related Link: [Brooke Burke-Charvet Talks About Balancing Her Career and Time with Her Family](#)

Actor and new dad Tom Arnold is another celebrity looking to ring in his son Jaxson's first Halloween. “It's funny, my wife was at baby class last night, and they apparently have Halloween,” says the actor. “She pulled up all these costumes on the Internet and got ecstatic about dressing Jaxson up for Halloween.”

“For many years, we tried to have a baby and would always get sad when trick-or-treaters stopped by our house. We wished we could be out there too,” he adds. “This year is going to be so great. Even though our son is going to be very small and won't remember it, it will be such a wonderful experience.”

For the rest of the interview go to, www.celebritybabyscoop.com/2013/10/23/celebrity-families-halloween

‘Sweet Retreats’ Host René Syler Encourages Couples to “Remember Why You Fell in Love”



By Kristin Mattern

One time co-host of *The Early Show*, René Syler continues her television career with her own show on the Live Well Network, *Sweet Retreats*. The seasoned journalist and mother of two loves the fun and excitement of visiting vacation locales with her guests and their families; a savvy traveler herself, Syler enjoys helping show parents how to pack and plan for family trips. On her parenting website, GoodEnoughMother.com, she educates moms on more than just how to prepare for their next adventure, instead teaching parents how to be perfectly imperfect.

For a long time, Syler ran the same rat race that many women do, splitting her time between her high-powered job and her relationship with her husband and children. On top of her already demanding life, she was also trying to be the *perfect* mother. Sometime after the birth of her second child, she came

to a revelation: “I had this epiphany, and I realized, ‘Wait a minute, I don’t have to be perfect, and I actually *do* know what I am doing. It’s not the way everyone does it, but it’s the way I do it, and I’ve found it effective.’” That moment led to writing her book, called *Good Enough Mother*, and creating its spin-off website.

Good Enough Mother deals with more than motherhood. “I talk about career and keeping your marriage healthy. We also mention breast cancer and breast cancer causes. Just because I am a mother doesn’t mean I don’t have other interests, and I believe that’s something other women can relate to,” Syler explains. “I still have dreams, goals, and aspirations.” She also recommends that parents stop likening themselves to everyone else: “You want the recipe to be really unhappy? Keep comparing yourself to everybody else.”

Related Link: [Julie Benz on Her Marriage: “We Put Our Relationship First Even If That Means Turning Down Work”](#)

On *Sweet Retreats*, the celeb helps families find great places to vacation that are fun and affordable. “I love shooting this show! I’m always looking to go on vacation and save a little money here and there,” she shares. “I’m also all about showing people how to get outside the traditional touristy areas. You can actually go somewhere and become a part of a community. The show is a wonderful way to showcase how families can travel.”

Perhaps the most important part of planning a vacation is choosing a location to visit with your family. This well-traveled host suggests getting the input of your children or choosing a spot that coincides with what they’re learning about in school. “What better way to really make what they’re learning about come to life than by actually going to the location, seeing it and experiencing it?” If you have teenagers (like Syler), she recommends giving everyone their own room, so you aren’t right on top of each other, and

choosing a place the whole family can enjoy.

Married for almost twenty years, Syler advises couples take time and go away together alone too. "It's important to reconnect and remember why you fell in love. Sometimes, we all need to be reminded." Her favorite vacation spot with husband Buff is Las Vegas. "We always have a great time, and I feel like we can just have fun together and act like big kids."

Related Link: [Prince William's Former Nanny Is Taking Care of Prince George](#)

When they're not getting away to a fantastic location like Vegas, the duo cherish the time they spend together, even if it's just sitting around the kitchen table. "I know that doesn't sound like a date, but it is because we're moving in the same direction, and I think that is one kind of pillar in our relationship." The couple also enjoys the movies or a quiet dinner at a pub for date night. "It's not the location. It's the communication and being able to connect," Syler sagely says.

The couple keeps their marriage strong by appreciating each other and knowing that they wouldn't be where they are today without one another. "You have to remember what it is that brought you to the party. You know, my husband is always a big fan and supporter of me, and in this day and age, you really have to have one person in your corner at all times."

Outside of work and play, Syler is a huge advocate for breast cancer awareness and education and does a lot of work with the Susan G. Komen for the Cure campaign. Both of her parents had breast cancer, and six years ago, she opted to have a double mastectomy after testing positive for the stage before breast cancer. "I believe that knowledge is power, and the more you know, the better decisions you can make for your health," she explains, "Part of my philosophy at Good Enough Mother is that taking care of yourself means that you are taking care of

everybody else.”

That’s one thing that we know this mom does well.

For more information on Syler, visit GoodEnoughMother.com or connect with her on Facebook and Twitter @goodenufmother.

Bill Rancic Says Baby Son Duke Is ‘Babbling’



By Priyanka Singh

[Celebrity Baby Scoop](#) recently interviewed *Giuliana and Bill* reality star, Bill Rancic, about life at home with wife

Giuliana and son Duke, and the family's upcoming holiday plans. The couple, who just celebrated their sixth wedding anniversary with a "low-key" night in NYC, are working with their surrogate Daphne to have another child. As Rancic explains, "We are still working with her on that and are making sure that that's the right direction to keep going. Hopefully, we will have some good news soon."

Read on for more of the Chicago businessman's interview!

Related Link: ['Ready for Love' Host Giuliana Rancic Says, "Having a Strong Marriage is the Greatest Example You Can Set for Your Child"](#)

CBS: How do you juggle fatherhood, working in Chicago, running a production company and doing your reality show?

BR: "We bring Duke with us. He comes to work with me and he also comes on my training runs with me. I've got this great jogging stroller and he loves going out there and logging the miles with me. We make it work and, at the end of the day, our son is our number one priority. Everything else comes after him and we make sure that he is taken care of and happy. Our goal is to spend as much time with him as we can and that's what we do. We slowed down a lot in other areas."

CBS: Now that Duke is 1 – has he reached any milestones?

BR: "He is babbling a lot and starting to walk a little bit. He hangs onto things while walking. His personality is definitely showing through, which is great. He's got a great disposition and is always laughing and smiling. He loves hanging out with me, which is a lot of fun."

CBS: Congrats on your 6th year wedding anniversary – did you and Giuliana do anything special on the date?

BR: "We went to a restaurant in New York that is owned by a friend of ours. We had a nice time. It was a very low-key,

easy night and we went to bed early.”

Related Link: [Celeb Dads Who Are Doing It Right](#)

CBS: Do you have any fun Halloween plans for Duke this year?

BR: “That’s Giuliana. She is big into the holidays and things like that. She is already planning out his Halloween costume, so stay tuned!” [laughs]

For the rest of the interview, visit www.celebritybabyscoop.com/2013/10/10/rancic-opens-babbling-1.

Sheryl Crow: My Sons “Keep Me Young”





By Jenny Schafer for Celebrity Baby Scoop

Nine-time Grammy Award-winner Sheryl Crow has teamed up with the One A Day® Women's brand and Feeding America with the Nutrition Mission to help the close to 50 million Americans who live in food insecure households.

Sheryl opens up to [Celebrity Baby Scoop](#) about raising her “real boys” Wyatt, 6, and Levi, 3. The *Strong Enough* singer, 51, chats about her sons who can be “real clowns” and love to “break out into dance.” She goes on to talk about her first country album, *Feels Like Home*, and the joys of motherhood.

Related Link: [Ivanka Trump: “I Don’t Stress About Being Balanced”](#)

CBS: Tell us about partnering with the One A Day Women's brand and Feeding America. How did you get involved in the Nutrition Mission?

SC: “I’m excited to team up with One A Day Women's and Feeding America this Hunger Action Month on year two of the One A Day Women's Nutrition Mission to help the nearly 50 million

Americans that live with food insecurity. Since the start of the program, we've donated 4 million meals to Feeding America's network of more than 200 food banks, which helps distribute food in communities across America. One A Day Women's has also awarded \$100,000 in grants to local food banks to help people in local communities to continue the fight against hunger."

CBS: How do you balance your career and motherhood?

SC: "I try to keep Wyatt and Levi's lives as consistent as possible. We spend a lot of time at home and that's my priority with work coming second. I've also got a great team and family who pitch in to make it all happen."

Related Link: [Claire Danes Worried She'd Never "Want to Work Again" After Cyrus' Birth](#)

CBS: Do you believe "women having it all" is unrealistic or is it attainable?

SC: "I think having children changes your ideas about what having it all means. I don't feel the same way about work as I did before I had Wyatt and Levi, but I pride myself on finding balance. I love making music and I love raising my boys – I find time to make both a priority."

For the rest of the interview, visit www.celebritybabyscoop.com/2013/09/30/sheryl-keep-young.

'The Biggest Loser' Alum Lisa

Rambo Talks Marriage and Weight: “We’ve Lost Over 180 Pounds Together!”



By Kerri Sheehan

Sometimes, being a loser really can make you a winner! Lisa Rambo learned that truth when she was chosen to compete on NBC's reality show *The Biggest Loser* during season 14. Unless you have been hiding under a box of Twinkies, you probably know that the show chronicles the journey of overweight contestants who attempt to lose the most weight in hopes of getting healthy and winning a cash prize.

Although Rambo was eliminated from the competition during week five, the show offered a \$100,000 at-home prize and Rambo

tried her hardest to win it. But, when she re-entered the real world, the 37-year-old mother of four returned to work full-time as a special education assistant, and felt the pressure of keeping up with the contestants still living at *The Biggest Loser Ranch*.

Related Link: [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Even so, she stuck to what she had learned at the ranch and 80 percent of the total weight she lost was after she left the show. In the end Rambo was runner-up for the at-home prize, losing to competitor Gina McDonald by only a few pounds. Still, she was able to manage the needs of her family while simultaneously taking care of herself. "There is no magic pill. It takes some hard work and dedication, but it's worth every bit of it," she says of her fight to get fit. In order to reach her weight loss goals, she worked out six days a week, usually an hour and a half before work and two hours after work.

Rambo's weight loss efforts inspired her husband to shed some extra pounds as well, and as a result, her whole family adopted a healthier lifestyle. She admits that since their weight loss began they haven't had very many date nights, but they do enjoy the occasional sushi outing with live music. When losing weight with your partner a balance of seriousness and fun is key to keeping your relationship in tact. In addition they have run a few races together and also completed a 12-mile Tough Mudder off-road run and they're both excited about how they feel since tightening their belts: confident and joyful. "We've lost over 180 pounds together but have gained true strength and great courage."

In order to get her family to this place, she had to completely overhaul their routine. According to Rambo, "The first thing I did was clean out our kitchen and turn our home

into a safe place. The changes then became the new normal for the whole family.”

Her husband and children are now far more active too. They have run in a number of events together, and Rambo will soon run her first half marathon with her mom, sister, and daughter in tow. The newly-annointed health food queen suggests this advice to parents looking to shift their family’s lifestyle: “Stick with it and know that your kids will adapt. They’ll also start to crave what they eat. It’ll take time for them to acquire new cravings, but it’s worth it.”

Related Link: [Palmer’s Spokesperson Ali Landry Chats About Making Her Family a Priority](#)

It’s no secret that the former *Biggest Loser* contestant has put in a lot of hard work to get to where she is today – even before she appeared on the realty show. In fact, last season wasn’t her first attempt to get cast. She auditioned twice before for seasons 10 and 11, and her inspiration for auditioning this time around was her sister. “She was positive that I was exactly what they were looking for. Her encouragement kept me in it!”

Rambo hopes that her own story will inspire others. “I was always one Monday from the next best diet.” Follow Rambo’s example and make that Monday today so you and your significant other can get on the path to being jolly and fit now. Instead of settling with the way you are, she recommends setting goals for the journey to your happy place. She often found herself reaching mental plateaus, meaning that she would lose 50 or 75 pounds and consider calling it quits. However, after losing over 100 pounds, she realized that she often settled for less than what was possible. She reminds hopeful contestants, “Don’t quit, reach your goal, get your win, and don’t go back!”

Be sure to tune in for next week’s premiere of season 15 of

The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! Rambo will be attending The Biggest Loser Walk/Run on October 20th in Eau Claire, Wisconsin, and she will be running in the New York City marathon this November. To see what else Rambo has cooking in her kitchen, you can read her blog, losingitwithlisa.com, or follow her on Twitter @LisaRambo.

Halle Berry and Olivier Martinez Welcome a Baby Boy



By April Littleton

Halle Berry and her husband, Olivier Martinez welcomed a baby

boy Saturday. It is the second child for the Oscar winner. A source at the hospital told [People](#), "Olivier hasn't left Halle's side. Nahla visited her baby brother earlier today. The baby was born in in Cedars Sinai Medical Center in Los Angeles.

What are some ways to decide whether to have another child?

Cupid's Advice:

Sometimes deciding on whether or not you should have another child can be harder than it was the first time around. You're not just talking about creating a new life, you're about to change your entire family dynamic. Cupid has some tips:

1. Finances: Will you be able to afford another baby? If you help provide the household funds, think about if you can manage to take the needed time off. You'll have to buy everything in twos or threes now. Adding another child can put a strain on your finances, so be sure you're ready for the challenge.

2. Siblings: How old are the children you already have? Are they old enough to understand what will happen? If not, they might act out when your attention is drawn to the new baby. It's not just you and your partner who need to be prepared for a new family member, but the kids you're in the process of raising need a heads up as well.

3. You've discussed it: Obviously, you need to let your partner know about your baby fever before you stop taking birth control. Your significant other might be able to think more rationally than you about the situation, especially if you're not really in a good place for another child. Let them know your thoughts and see what they have to say.

How did you decide to have another child? Share your experience below.

'The Biggest Loser' Contestant Gina McDonald Says, "My Husband Was Very Supportive of Me Going on the Show"



By Kerri Sheehan

Like many contestants on NBC's *The Biggest Loser*, 47-year-old Gina McDonald felt like a stranger in her own body. Over the years, she attempted many fad diets as the scale escalated

uncontrollably. A lawyer and a law firm owner, she's always been very accomplished in her professional life; unfortunately, her personal life used to be a different story. Back in 2002, poor eating habits, a lack of exercise, and a stressful divorce caused her to reach 245 pounds. Ashamed and left with two young children, the single mother struggled to keep her at home life in check.

Last year, her husband of five years, Chad Eldred, encouraged her to become a contestant on *The Biggest Loser*, and she's hit the ground running ever since. Although she didn't win the show's coveted title, she was able to snatch up the \$100,000 at-home prize due to her ability to keep shedding weight after leaving the ranch. The journey she went through during the show changed her outlook on life and kept her motivated: "I have learned that I am capable of anything. I look at obstacles as just minor setbacks and stay the course."

Related Link: [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Her first workout on the ranch proved to be the most trying endeavor she faced. "My most challenging obstacle was believing that I could actually do it!" she proclaims with the gusto of a true winner. Once the workout was over, she was overcome with emotion. As a member of Bob Harper's team, she shares, "I had seen Jillian Michaels' team falling apart and was so thankful that our team endured."

Since her time on the show, McDonald's family has overhauled their lifestyle in a positive way. "I think my weight loss resulted in positive changes for my daughter too. She learned from my guidance that she's capable of anything if she works hard enough." McDonald's daughter has lost 30 pounds, while Eldred has shed a whopping 60! "My kids, husband, and I all try to eat healthy and move every day."

Eldred was actually her biggest supporter while she was on the

show. He stepped up to the plate and managed to play both mom and dad to McDonald's two college-aged kids during her journey. "He will tell you that he cried every day missing me, but each tear was worth it to have me happy and especially healthy."

Over the summer, their daughter played chef in the house, but now that she's back at college, Eldred has taken on the job. "He keeps my fridge stocked with healthy options and has a good meal ready most nights." The couple is planning to run a half marathon together in December. "I'm training hard! This will be my longest run, and I'm excited to be doing it with Chad."

Related Link: [Date Idea: Make Sushi At Home](#)

Of course, the duo must make a solid effort to balance their workout schedule with spending time together at home. "The perfect night is sitting outside by our pool and having a small dinner and just enjoying our home."

According to McDonald, the hardest part of maintaining her new lifestyle has been managing to spend time with her husband and kids while also taking care of her business. "It has taken me some time to settle into my new routine. Not every little thing that goes wrong becomes a setback or an excuse not to exercise and eat right."

For others looking to go on *The Biggest Loser*, the former contestant stresses the importance of "believing in yourself and never, ever giving up" – a motto that she repeats to herself every day!

Be sure to tune in for next week's premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! She'll also be participating in The Biggest Loser Run/Walk in Panama City on December 29th.

'Grace Unplugged' Shows the True Meaning of Success



By April Littleton

Grace Unplugged is a moving film about a young woman, Grace Trey (played by AJ Michalka) who aspires to be a pop star. Her relationship with her father, Johnny Trey (played by James Denton), who gave up fame when he became a Christian is tested when he warns her that the glamorous life isn't what it appears to be.

Should you see it:

If you want to see something a little different from the typical rom-com movies, this might be a good choice. *Grace Unplugged* is a faith-based film, so expect to take away a lesson or two when you leave the theater.

Who to take:

This film would be good to see with anyone you're close with. Take your friends, family or girlfriend/boyfriend. If you can't manage to get anyone to tag along with you, you'll be perfectly fine going solo on this one.

Related: [Should You Listen When Your Parents Advise You to Break Up?](#)

What are some ways to fix a strained family relationship?

Cupid's Advice:

When you're on the outs with someone you care about it seems like everything else around you is falling apart as well. Sometimes, the smallest arguments can lead to even bigger problems, which can leave a once strong relationship in shambles. Cupid is here to help:

1. Start talking: The first step toward rebuilding your relationship is communication. You probably haven't talked to your loved one since whatever happened between the two of you. Now is the time to readdress the issue without exploding on each other. The first few conversations will be awkward, but you need to define where the two of you stand with each other and see what you need to do to fix the problem.

2. Think positive: Think about some of the things you appreciate about your family member. Keep those traits and good qualities in mind when you're in the middle of a disagreement. Remind yourself of all the times he/she has been there for you. The two of you might be going through a rough patch right now, but the love is still there.

Related: [‘Things Never Said’ is a Journey of Self-Discovery](#)

3. Agree to disagree: If you can't seem to settle the issue without fighting, just agree to disagree. Not every problem will have a clear resolution, especially if you can't see eye-to-eye on the topic. Don't let something silly ruin the relationship permanently. Move on from whatever is causing you so much trouble and start fresh.

What are some other ways to fix a strained family relationship? Comment below.

Kristin Cavallari Says Baby Before Marriage ‘Worked for Us’





By April Littleton

According to [People](#), the former *The Hills* star is perfectly happy with the way her life turned out. Cavallari found out she was pregnant right after she announced her re-engagement to Jay Cutler. “We definitely weren’t ready to get married then and so we put everything on hold and we ended up having the baby before. I think that when we did get married, we were absolutely ready,” she said. The happily married couple are now parents to son Camden Jack, 13 months and tied the knot in June.

How do you decide when you’re ready for children?

Cupid’s Advice:

Parenthood is one of life’s greatest joys, but you have to be 100 percent ready for it. Are you and your partner thinking about expanding your family? Cupid has some tips:

1. In a good place: If you and your significant other can provide a stable living environment and you can afford to add another person into the mix, then go for it! Babies are

expensive. Wait a little while longer if you're not sure if you're financially ready to keep up with the demands of a newborn. Make sure things are going well between you and your honey as well. You don't want to bring an innocent child into this world when there's obvious tension or unresolved problems between the two of you.

2. Talk it out: The only sure way of knowing if you're ready to have children or not is by talking it over with your companion. It takes two people to make a baby, so both parties involved need to be sure it's what they want. If one of you even has the slightest hesitation, then hold off on baby plans and revisit the idea in a few months when you and your partner have had more time to think.

3. Sacrifice: Taking care of another human being requires a lot of sacrifice. Certain aspects of your life will have to change if you plan on being a parent. You can forget about going to late-night parties during the first few years of raising your child. The money you saved up for those brand new shoes you had your eye on at the mall will have to go toward a pack of diapers. It may seem like a lot to give up, but if you're really invested in being someone's parent – it'll be worth it.

How did you decide you were ready to have children? Share your experience below.

Melissa Joan Hart Says She Wants Another Baby



By April Littleton

According to [People](#), Melissa Joan Hart is looking forward to having another baby in the near future. “I would like a fourth – but it’s not because I want a girl,” the star of ABC Family’s *Melissa and Joey* said. Although her sons, Mason, 7 1/2, and Brady, 5, who wouldn’t mind welcoming a little sister into their family. “Mason, my eldest, is like, ‘We have to have a girl, we need things to soften up around here,’” she said.

How do you decide how many children is right for you and your partner?

Cupid’s Advice:

The decision to have children is one of the most important you will ever make with your significant other. How many you

choose to have is entirely up to you, but you should take a few key factors into consideration before you make any plans. Cupid has some tips:

1. Financial stability: You would love to have a house full of kids, but financially you might not be able to support them. Kids need more than just love. You need to be able to provide them with food, clothing and shelter. Trying for a third and fourth child when you can only afford one or two would not only be unfair to you, but to the children you're bringing into the world.

2. Compromise: Your partner might want four kids while you're only comfortable with two at the most. You and your significant other will have to meet in the middle and figure out what the both of you will be OK with.

3. The size of a home: You and your honey will need to determine if your home is big enough for the amount of children you want. Will you need to move in order to accommodate the expansion of your family? Can you afford a bigger house? These questions need to be answered before you decide to have children together.

How did you decide how many children were right for you and your partner? Comment below.

'Things Never Said' is a Journey of Self Discovery



By April Littleton

Directed by Charles Murray, *Things Never Said* is about an aspiring poet who is still haunted by a past miscarriage and a dangerous marriage. Daphne, Kal's best friend is also dealing with romantic issues. Her boyfriend, Steve regularly takes advantage of Daphne's kindness. Kal is soon surprised when she begins to develop feelings for Curtis, a man who has a damaged past and an estranged daughter. Together, Kal starts to find her voice and her self worth.

Should you see it:

If you're interested in dramas, think about checking this movie out when it opens in theaters. Fans of the hit television show, *Shameless* will see a familiar face. Shanola Hampton plays one of the lead roles. Michael Beach, Tamala Jones and Omari Hardwick will also appear on the big screen.

Who to take:

If you get bored on a Saturday night and you haven't seen your girls in awhile, think about going on a dinner and movie date with a group of them. This film definitely isn't the best for a first date because of its intense, emotional content, but if you've been in a relationship for quite awhile, go ahead and take your honey to see this movie. The two of you might learn a thing or two.

Related: [Making Sure You Do What's Best for the Kids](#)

How do you support a partner whose had a miscarriage?

After losing a child, it might be difficult to know how to help someone who is in so much pain. How do you show your support, but still allow your partner (and yourself) some space to grieve? Cupid has some advice:

1. Offer an ear: Every couple is different, but if your significant other is the type who likes to talk about the situation at hand (whether it be good or bad), then take the time to listen. If they want to talk about the loss of their baby, then let them. Let your partner know you're there for them, but don't force any sudden conversations. Let your companion come to you first and then take the lead from there.

2. Give them space: When your honey is ready to spend some time alone, don't push the issue. Instead, pick up some of the slack around the house. Cook all of the meals, do the laundry and clean up any messes you see laying around. This would also be a good time for you to grieve properly. Go over to a loved one's house. If you don't feel like talking, fine, but just being around someone who cares about what you're going through will make you feel better.

Related: [What Does Unconditional Love Look Like?](#)

3. Say goodbye: When you and your boo are ready, commemorate

your baby's memory. Hold a memorial service or funeral. If preparing for this becomes too difficult, start a journal or write a letter to let out all of your feelings. Acknowledging your loss and providing yourself with some closure will help you come to terms with what happened.

Have you been through a miscarriage? How did you support your partner? Share your experience below.

Kelly Rutherford On Her Divorce: "The One Thing I Know Is That My Kids Are Loved and That We're Working It Out"





By [Whitney Johnson](#)

Gossip Girl fans recognize Kelly Rutherford as prim and proper socialite Lily van der Woodsen, a character who captured our hearts despite her shortcomings. You could fault Lily for a number of things but being a protective parent wasn't one of them. When speaking about her character on the show, the actress says, "It was a lot of fun. She was a very different type of mother than we're used to seeing on television."

Now, Rutherford is tackling an even more challenging role in Lifetime's *A Sister's Nightmare*, which premieres this weekend. The blonde beauty plays Jane Rydert, a police officer whose life changes drastically when her older sister Cassidy (Natasha Henstridge) shows up after being released from a psychiatric hospital. Unable to convince anyone that her sister is still dangerous, Jane must protect her niece Emily (Peyton List), who she's been raising for the past 16 years.

Rutherford was initially attracted to the movie because it was "very different than what I had done before. It was nice to do something that was a big contrast to *Gossip Girl* and the

character that I played for six years – to shake things up a little bit.”

And, of course, the cast is always an important piece of any project. For this role, she reunited with one of her love interests on *Gossip Girl*, Matthew Settle. “It was wonderful to work together again,” she exclaims. “Natasha and Peyton are incredible too. They made it very believable for me. It was really a lovely experience.”

Ultimately, though, the ending hooked her. “There’s this huge twist that you don’t see coming. It made me really like the script,” the Kentucky native shares. “It was really fun to play a character who ends up being totally different than you thought.”

Naturally, being a parent herself – to six-year-old son Hermés and four-year-old daughter Helena – impacts the way she approaches each project. For Rutherford, her kids are always her priority. “I do my best to work around them,” she explains. “It all goes by so fast that you don’t have time for guilt. When I’m with my kids, I want to be totally present. And when I’m working, I want to know that my kids are attended to and happy.”

Related Link: [Celebrity Couples Who Cannot Wait to Become Parents](#)

It’s no surprise that motherhood has changed the single mom. “I learn something new every day. I want to be a better example for my children. It’s a different type of pressure to be a good person when you have little eyes looking up at you!” she says with a laugh.

Part of being the best mother she can be is going with the flow. “As a parent, you realize that every day brings new things.” This summer brought a lot of fun for the family of three. “I asked my kids what they wanted to do, and they said, ‘We just want to be with you.’ So that’s what we did! We went

to the Hamptons for a few weekends. We did everything we love to do in New York City too: go to the museums, ride scooters in the park. They took swimming and piano lessons. My daughter took ballet and French classes.”

Unfortunately, Rutherford has been dealing with some more serious problems. In June, she filed for bankruptcy due to financial problems stemming from her lengthy custody battle with Daniel Giersch. Her ex-husband, who resides in Monaco, was barred from returning to the United States – which means that Rutherford must travel back and forth to see her children.

“It’s not always easy, that’s for sure,” she says of her divorce. “The biggest thing is to stay positive when you talk about the other parent. You have to be honest; you don’t want to lie, but you want to say it in a way so it doesn’t have an edge. My kids really pick up on whether I’m okay emotionally. As long as I’m okay, they’re okay. If I lose it, who do they have to look to for strength?”

Related Link: [Finding Yourself Again](#)

The actress adds, “When they have questions, I sit down and answer them. I try to be as kind and respectful of them as possible. I let them know that I don’t always know either, that I’m figuring it out too. The one thing I do know is that they’re loved and that we’re working it out. I encourage them to just enjoy every moment, whether they’re with me or their dad.”

Rutherford applies this philosophy to her own life as well. After a relaxing but busy summer, she’s ready to step back into a role on primetime and is excited to be joining the cast of *Reckless*, a show premiering on CBS this fall.

Plus, she’s considering expanding her work as an activist for custody issues into a book. “A few people are encouraging me, but I don’t know if it’s the right time yet. I’m just waiting

to see how things play out.” One thing’s for sure: We’ll be cheering for her every step of the way!

You can catch Rutherford on A Sister’s Nightmare on Lifetime on Saturday, September 7th at 8 p.m. ET. You can also follow her on her personal site, <http://www.kellyrutherford.com/> or [Twitter](#) @KellyRutherford/ and [www.facebook.com/thekellyrutherford?fref=ts!](http://www.facebook.com/thekellyrutherford?fref=ts)

VMA Performer Joey Fatone Says Understanding Is the Secret to His Strong Marriage





Interview by [Lori Bizocco](#). Editorial by Kristin Mattern.

Joey Fatone – former N’SYNC member, *Dancing with the Stars* contestant, host, entertainer, and man of many hats – will be taking the stage tonight in a much-talked-about reunion with Justin Timberlake, JC Chasez, Lance Bass and Chris Kirkpatrick at MTV’s Video Music Awards tonight. Outside of this exciting performance, he’s stepping into the limelight with a new show for the Live Well Network, *My Family Recipe Rocks*. “It’s exciting. We actually go into people’s homes and watch normal, everyday people in everyday kitchens break down their recipes that they’ve passed down for many generations,” he shares. “I think it’s a really cool idea.” The star loves that he gets to meet so many families from different backgrounds across America who share their unique meal ideas with him.

With experience being on the Food Network as well as dabbling in cooking at home, it’s no secret that Fatone is comfortable in the kitchen. On *My Family Recipe Rocks*, he has encountered recipes that harken back to his own Italian roots and bring up memories of making his father’s sauce and meatball recipe, while other times, he comes across food he’s never made or

even tried before. “In one episode, this woman makes a sauce with meatballs that was very similar to what I make – just a few little things were different,” the star says. “And it’s also really cool to see things I’ve never seen or would have thought of, like baba ganoush.” Thanks to the show, Fatone’s had the opportunity to meet people from every walk of life and all kinds of backgrounds – from Egyptian and Middle Eastern to India to Irish and Italian.

Related Link: [Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

The family man has put his newly-honed culinary skills to good use at home too. “I’ve made a lot of recipes from the show for my family. If I don’t have the recipe, I always try to figure it out and remember what it was made of.” One delicious recipe he tried out was a dish called Saucy Balls. It has ground pork and turkey made into a meatball with cream cheese and different herbs that is then wrapped in a pastry puff and drizzled with a balsamic glaze after cooking. And that’s just one of the many mouth-watering recipes that people pass on to the celebrity host!

My Family Recipe Rocks aims to bring families together over meals. “It’s fun to be creative and try to incorporate the recipes from the show at home – like every Friday night have a cooking night with the whole family,” the host comments. “I think that’s part of what’s cool about the show. It inspires people who never thought they could cook and actually feed their family.”

His wife Kelly and their two daughters, Briahna and Kloey, enjoy cooking as much as Fatone does, and together, they love making traditional family recipes as well as breaking out the cookbook and trying something new. His older daughter even made the couple salmon with dill sauce for their anniversary one year. “I’m not a salmon person at all, but I was shocked because it was really good!”

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

The star chalks up his strong marriage to understanding. "It's not easy. You need to be understanding," he explains. "You've got to balance your career and home life, and you have to spend time with the kids." On date nights, he and Kelly enjoy going out for Indian food or trying somewhere new. "We like to try different restaurants in our city. She'll pick a place one week, and I'll pick one another week. It's good. We enjoy trying new spots."

For him, his lovely daughters are the most amazing part of his life. Even when he was on tour with N'SYNC, he still made time for his children, and sometimes, he even brought Brihana with him when he was traveling with the group.

Looking back on his career, Fatone says, "Being a semi-finalist on *Dancing with the Stars* was fun, and performing with legends like Michael Jackson and Celine Dion was equally awesome," he recalls. "When I sit back and think about all the things that I've done, it's kind of mind-boggling. It's just been really amazing."

Be sure to tune in to watch Fatone's performance at the VMAs on MTV at 9 p.m. ET! You also can watch him showcase unique recipes from families across America on My Family Recipe Rocks! on the Live Well Network – visit livewellnetwork.com/My-Family-Recipe-Rocks/8432939 for episodes and recipes. Connect with the star at www.joeyfatone.com/ or follow him on Twitter @realjoeyfatone and facebook.com/RealJoeyFatone

Kim Kardashian and Kanye West Bring Baby North to Funeral



By Kerri Sheehan

Since giving birth two months ago, reality star Kim Kardashian has rarely been spotted outside of her nest. However, this weekend she and her baby daddy, Kanye West stepped out with the daughter, North. The new family jetted out to Oklahoma for a somber reason, due to the death of the rapper's grandfather, Portwood Williams Sr. A source confirmed to [People](#), "That's why they weren't at [sister] Kylie's birthday." In replace of their presence at the sweet sixteen bash, the couple sent hip-hop stars, Drake and Big Sean.

What are some ways to involve your child in important family functions?

Cupid's Advice:

It's hard to decide when you should begin including your child in more adult family events. Let Cupid help you weigh your options.

1. Start early: Depending on the type of parent you are coddling your child may seem silly to you. Therefore, involving your kids in family functions from the get go is perfectly fine.

2. Play it by year: With something as heartbreaking as a death, it may be best to leave your child at home. Kids are fragile and being exposed to death so young might not leave them with happy memories.

3. Ask them: Once your offspring gets to an age where they can make decisions, let them. If your child wants to be involved in the adult affairs of your family then there's no reason why you should shield them from that.

How would you involve your child in family functions? Share below.

Palmer's Spokesperson Ali Landry Chats About Making Her Family a Priority





By Kerri Sheehan

Hollywood mom Ali Landry isn't letting anything slow her down! Perhaps best known as the Doritos Girl from a 1998 Super Bowl commercial, the former Miss USA is now focused on family life. Since marrying film director Alejandro Monteverde in 2006, she's been staying busy thanks to her growing family: her six-year-old daughter Estela, two-year-old son Marcelo, and the newest edition, baby boy Valentin Francesco, who was born earlier this summer on July 11th.

So does she have any tips for other moms with young kids? Landry answers with a laugh, "No, because I wish they would give me advice!" On a more serious note, she explains, "It's tough to juggle everything because you want to do everything yourself." When it comes to adding another child into the mix, Landry believes it's important to "put your focus on your older children because they're the ones that realize something is different. They need a little extra love."

Related Link: [Best Celebrity Moms \(Who Also Make Great Wives\)](#)

As many twosomes know, it's easy to get caught up in being parents and forget the importance of being partners. Landry and her husband, though, always make sure to find time for each other. "Life is really busy, and if we aren't good as a couple, then we aren't good for our family. We definitely make our relationship and our family a priority. We don't take that for granted."

The 39-year-old actress reveals that little getaways help keep their marriage strong. "We'll get away from the house and sleep at a hotel for a night, or we'll do a quick getaway in Mexico. It's our time," she explains. "When we're home, we're still focusing on the family and what needs to be done around the house. When we remove ourselves from that, whether it's for a date night or a short trip, we can really let go and focus on each other. We try to do that pretty often."

As important as her home life is, the television personality isn't ready to step out of the spotlight just yet. In fact, her role as a mother inspired her recent reprisal as the spokesperson for Palmer's Cocoa Butter Formula and their national ad campaign. Landry first started using Palmer's products while pregnant with her daughter. "I was looking through magazines, and there were all these ads featuring some of my celebrity mom friends who were pregnant at the time. I thought to myself, 'Oh my gosh, they look so great pregnant! How brave of them to actually show off their bellies! I should really try these products.' I started using Palmer's and really loved the results."

Related Link: [10 New Celebrity Moms](#)

The model made her debut as their spokesperson two years ago when she was pregnant with her first son. "Our whole family uses Palmer's products, and we love them. I am ecstatic to work with them again!" It's only fitting then that her two older children joined her for the current campaign.

As an alumnus of *People* magazine's 50 Most Beautiful People, Landry says she relies on Palmer's to keep her skin looking wonderful. She also notes, "I drink a lot of water and always have – you have to hydrate your body from the inside and out. I exercise too." Of course, balance is key. "I'm not super strict with my diet. If I want cake, I'll have cake, and if I want ice cream, I'll have ice cream, but for the most part, I do eat pretty healthy." This attitude makes her a great mother, a great wife – and a great role model for her fans.

For more information about Ali Landry, you can follow her on Twitter and Facebook.

Isla Fisher Vacations With Sacha Baron Cohen, Kids





By April Littleton

According to UsMagazine.com, the *Confessions of a Shopaholic* actress enjoyed some time on the beach July 29 with her husband, Sacha Baron Cohen and their two daughters. The family was seen relaxing on a boat in in Capri, Italy. Fisher wore a purple one-piece swimsuit, while her husband tended to their children, who both sported summer dress and sun hats.

What are some ways to have a fun family outing?

Cupid's Advice:

You don't have to stop having fun just because you have kids. In fact, children make outings even more fun! Going out with your family is all about enjoying each other's company and having a great time while you're doing it. You might need a little help finding some things to do that the whole gang will enjoy. Cupid has some ideas:

1. Make a splash: Kids love water parks and so do adults. Find a local water park, beach or aquarium. If you prefer to do something a little more private, you can get creative and have

your own mini pool party. Your children can join in on the fun by helping you decorate and pick out their swimsuits.

2. Picnics: Some parents have a hard time getting their kids to calm down in a restaurant. Well, take the food outdoors so they can do as much running around as they'd like. You and your honey can have a little alone time, while the children play tag or hide and seek. When they finally settle down, sit down and enjoy a meal on top of your favorite blanket.

3. Go on a walk: This is a win-win for everyone. The kids will be able to blow off some energy and you and your partner can hold hands while talking about how each other's day is going. If it's a hot day, don't forget to bring the sunscreen. If you decide to go during a cooler afternoon, make sure you dress your children accordingly.

How do you make family outings fun? Comment below.