

Executive Director Dr. John Sessa Opens Up About Creating a Better World for Dogs Through The Vanderpump Dog Foundation & Rescue Center



Interview by [Lori Bizzoco](#). Written by [Karley Kemble](#).

Since its inception in 2016, The Vanderpump Dog Foundation has worked tirelessly on its founding mission to create a better and more humane world for dogs. After learning about the mass abuse of dogs at China's annual Lychee and Dog Meat Festival in Yulin, [celebrity couple](#) and reality TV stars Lisa Vanderpump and husband Ken Todd were inspired to create their

organization, along with Executive Director Dr. John Sessa. More recently, the power duo hopes to continue spreading their message to people worldwide with their new documentary, *The Road to Yulin and Beyond*, which is Dr. Sessa's directorial, writing, and producing debut.

In our exclusive [celebrity interview](#), we talk with Dr. Sessa about the award-winning documentary, how the Foundation has helped stop animal cruelty in Yulin, and how you can help out.

Exclusive Celebrity Interview: The Vanderpump Dog Foundation



Though the Dog Meat Festival in Yulin shows mass animal abuse and cruelty, it is just one “example of the torture that many dogs in Asia face,” Dr. Sessa explains. “The cruelty varies, and the methods of cruelty change as well, but the underlying torture for consumption is the same.” In fact, 30 percent of the Chinese population still consume dog meat, and unfortunately, the percentage is about the same throughout the rest of Asia.

Related Link: [Celebrity Interview with ‘Lucky Dog’ Host Brandon McMillan](#)

The Vanderpump Dog Foundation has played a direct role in

saving many of the dogs who fall victim to the cruelty in Yulin. Last year, Dr. Sessa says they surrounded trucks that were illegally carrying dogs to their slaughter. Since a harrowing 80 percent of the dog meat trade in China comes from stolen pets, the Foundation worked with local police to enact a law that requires origin certificates for every animal that is transported. Because the animals were stolen and no certificates were on hand, the animals were seized and passed into the care of trusty local medical triages. They then tried to reunite them with their owners or find new forever homes. "This is the only way we have found that does not perpetuate the trade," Dr. Sessa explains. "The dog traders are fined, and their inventory is taken away from them."

The Road to Yulin and Beyond documentary gives audiences an accessible look into the harsh realities of Yulin, highlighting the Foundation's travels to China, rescue missions, visits to slaughterhouses, and legislative lobbying. Ultimately, it gives an overarching review of what the Foundation has done to stop the dog meat trade. After its premiere at the L.A. Awareness Film Festival in 2017, the documentary snagged the Audience Choice Award. Dr. Sessa says that they hope to eventually host a showing for U.S. Congress and are discussing avenues of global distribution in order to make the most impact and reach the most people.



The Foundation is also gearing up for their third annual World Dog Day fundraiser, coming up this June. “The summer date serves as a juxtaposition of the Yulin Dog Meat Festival,” adds John Blizzard, PR and Events Coordinator for the Foundation. “We try to have it during the same time period so we can show the world what a ‘real’ dog festival looks like.”

Locally, The Vanderpump Dog Foundation recently launched The Vanderpump Dog Rescue Center and hopes their mission will continue to make an impact in many dogs’ lives in California and beyond. In the first year of operation, the center adopted out nearly 500 dogs, and they’re hoping to increase this number in 2018.

Related Link: [Dating Advice: Picking Out a Pet Together](#)

Though The Vanderpump Dog Foundation has taken huge steps in creating a better world for dogs, they know their reach will have an even greater impact when people enact change on local levels. If others want to start their own fundraiser with friends and family, they can visit [The Vanderpump Dogs Classy Fundraising Page](#), where they can set up individual campaigns. They can also follow the Foundation on social media – @VanderpumpDogs on [Twitter](#) and [Instagram](#) – for the latest updates and ways to help take action.

No matter where in the world The Vanderpump Dog Foundation may be – whether in China, Los Angeles, or Washington D.C. – Dr. Sessa knows one thing to be true: “We will always continue our four spheres of advocacy: grassroots, education, awareness, and legislation.”

For more information about The Vanderpump Dog Foundation, check out their [website](#).

Celebrity Exes Demi Lovato & Wilmer Valderrama Haven't Ruled Out Reconciliation



By [Karley Kemble](#)

Demi Lovato has always been vocal about her feelings toward her ex boyfriend Wilmer Valderrama. The [celebrity exes](#) previously dated for six years before their celebrity break-up in 2016. However, the pair made [celebrity news](#) a couple days ago, after they were spotted grabbing lunch together. Now, a source close to the former couple tells [People.com](#) that there is a chance they could become exclusive again. For now, though, the source says Valderrama and Lovato are “extremely close friends” though “there’s always potential they could give a romantic relationship another try.” Guess it is

possible to be friends with an ex, after all!

These celebrity exes are on good terms, and may end up back together. What are some reasons getting back together may actually work out?

Cupid's Advice:

Regardless what others may say, getting back with an ex is not always a bad idea. Sometimes time apart is what's needed to grow stronger. Cupid weighs in:

1. It's all on the table: If you're thinking about getting back together with an ex, the most important thing you must do is talk with each other. If there is any unfinished business or unresolved resentment, you must lay it all on the line. Once all the feelings are accounted for, be sure to set clear guidelines before jumping back in.

Related Link: [Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date](#)

2. You've forgiven: Forgiveness isn't easy, but it is possible! Contrary to popular belief, forgiveness does not weaken your character: it shows you have the strength to accept the past, look beyond the mistakes, and move on. If you have come to terms with an ex who may have hurt you, but genuinely want to give them another chance, that shows a maturity toward both parties involved.

Related Link: [Celebrity News: Demi Lovato Has Dating Advice For Fans](#)

3. You're both in better headspaces: Break-ups usually happen

because two people are unable to be on the same page. The time spent as a single person is pivotal in personal development. If you and your ex have given each other enough time and space apart, allowing each other to grow, then getting back together might be worth a shot. Though you already know each other, and the relationship is by no means “new,” it is exciting to begin a new chapter and get to know each other’s newfound headspaces.

Have you gotten back together with an ex? We want to hear about it: share your comments below.

Celebrity News: ‘The Bachelor’ Star Bekah Martinez Says She’s More Ready for Marriage Than Arie





By [Karley Kemble](#)

Bekah Martinez is one of the most talked about contestants on this season of [The Bachelor](#), not because she caused drama, but because of her age! Though she just turned 23, this season's *Bachelor*, Arie Luyendyk, Jr., is 36, and he (along with many women on the show) felt Martinez was not ready to settle down. However, in the [latest celebrity news](#), Martinez claims Luyendyk Jr. is the one who's not ready for marriage. In a recent interview with *Entertainment Tonight*, the reality TV star stated, "I think I'm more ready for marriage than Arie is, quite honestly. I don't think Arie knows what he wants, and I don't think he's serious about being with one person for the rest of his life," reports [UsMagazine.com](#). Though she was mum about why she felt that way, Martinez assured all our questions will be answered during next week's finale. Sounds juicy!

In celebrity news, Bekah M. was

accused of not being ready for marriage on *The Bachelor*. How do you know if you're ready for marriage?

Cupid's Advice:

Age and marriage don't always coincide. When you're ready for marriage and to settle down, you'll know. Check out these tips from Cupid:

1. You're ready to commit: Marriage should be a natural progression in your relationship. In fact, it's better to begin any relationship with marriage on the back burner. Instead of pursuing a relationship with marriage on your mind, focus on being present in the now. As time passes and your love grows, the progression and desire to take the next step will be a fluid change

Related Link: [Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale](#)

2. You aren't trying to fix or save them: All too often, people enter relationships and try to be the heroic figure. In these situations, the underlying thought is that the flaws or challenges the partner is facing will be fixed over time with careful guidance from the other partner. This is never a good idea, as it ultimately is romanticizing challenges and causes you to think things will work out eventually. It's better to find a partner that you see eye-to-eye with, and to keep your mind and heart in-sync with each other.

Related Link: [Celebrity News: Jenny McCarthy Says 'Bachelor' Arie Luyendyk Jr. Is a 'Snooze Fest'](#)

3. You know it won't be easy: The honeymoon phase of your

relationship will come to an end, and finding romance will not always be a walk in the park. You and your partner will certainly have your fair share of struggles to keep the romance alive. If you are accepting of this, and feel ready to face the challenges that will arise, that is a good sign. Always be sure to grow together, because the only other option is growing apart.

How did you know you were ready for marriage? Share in the comments below!

Ways to Incorporate Food Into Date Night That's Not Just Dinner





By [Karley Kemble](#)

Dinner [date nights](#) are pretty standard among most couples. Sure, it's fun to get dressed up and have a night out, or even have a sultry night in and cook together. Sometimes, though, dinner can feel like a drag or the safe, comfortable option. While there are plenty of potential options that do not involve food, we all have to eat sometime! If you still want to incorporate munching into your date night, but want to break free from the standard dinner-and-a-movie mold, you'll love these awesome alternatives!

Grab a pen and paper, you're going to want to write these yummy [date night ideas](#) down!

1. Have a Friendly Bake-Off: For some competitive fun with your partner, try a bake-off. You can make something as simple as cookies, or something more challenging, like a pie! Make sure to set some stakes before getting started: loser has to

clean the kitchen or pay for the next time you go out!

Related Link: [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

2. Samples, samples! Get your samples: Ever been to Costco in the evening? Make it a date night! Get your bulk shopping done and fill up on some yummy samples. It's a fun and certainly different date idea. You can even make a game out of it, and see how many samples you can wrangle before being turned away. Though we can't guarantee there will be samples readily available in the evenings, it's still worth a shot!

Related Link: [Do We Sleep Differently When in Love?](#)

3. Breakfast for Dinner: We all know breakfast is the most important meal of the day. You don't just have to eat eggs, hash browns, or pancakes during the wee hours of the morning! Breakfast for dinner is an amazing substitute for a traditional pasta dinner at a sit-down restaurant. You can either find a cafe that serves breakfast all day, or whip up a meal in your own kitchen! It'll feel much more special than a regular dinner, guaranteed!

Related Link: [Relationship Advice: When Is the Old New Again?](#)

4. Everybody Loves Brunch: If you want the traditional dining-out experience but are tired of going to your usual dinner restaurants, switch it up and go on a brunch-time outing! Though this date wouldn't take place during the traditional night setting, day dates are very fun, too! Brunch has become a loved meal of the day, because of its versatility. It pleases those who enjoy breakfast foods, and those who gravitate toward lunch.

5. I Scream for Ice Cream: Ice cream is a good idea year-round. Seriously! Nothing beats a spontaneous ice cream run, and there are plenty of places to grab a scoop, pint or gallon! Whether you want to split a huge sundae or do your own

thing, ice cream is a great way to spend time together and treat yourselves!

How have you incorporated non-dinner date nights into the mix? Share your experience with us in the comments!

Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship



By [Karley Kemble](#)

[Reese Witherspoon](#) usually keeps her personal life out of the public eye, but in the latest [celebrity news](#), the actress is opening up about her past. In an interview with *O Magazine*, Witherspoon sat down with Oprah Winfrey and Mindy Kaling in a [celebrity interview](#) to talk about their new movie, *A Wrinkle in Time*, reports [EOnline.com](#). The women also talked about the current state of Hollywood, the #MeToo and Time's Up movements, and Witherspoon briefly delved into her past abusive relationship. When she finally ended the relationship, Witherspoon said, "It changed who I was on a cellular level, the fact that I stood up for myself. It's part of the reason I can stand up and say, 'Yes, I'm ambitious.' Because someone tried to take that from me." We certainly admire her courage and bravery in such a sad situation.

In this celebrity news, Reese Witherspoon opens up about an abusive relationship. What are some things you can do if you find yourself in an abusive situation?

Cupid's Advice:

Abusive situations are very serious and can be challenging to leave. If you or somebody you know is struggling with any sort of abuse, here are three things to do:

- 1. Acknowledge:** Victims usually blame themselves or minimize the reality of the situation. Abuse isn't always broken bones or black and blue bruises. It takes form of sexual assault, verbal intimidation and threats, too. Acknowledging that your situation is an abusive one does not define who you are, it is a step closer to getting out of it.

Related Link: [Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

2. Talk: Once you open up to somebody about your relationship, overcoming it becomes easier. Whether you confide in a family member, friend, or anonymous hotline, you are taking a huge step in your path. Don't be afraid to talk about what you're going through. The National Domestic Violence Hotline has amazing, trained people to talk to 24 hours a day, so call them anytime: 1-800-799-7233.

Related Link: [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

3. Use a safe computer: It's important to keep your well-being at the front-lines. Computer usage is easily monitored, so you want to ensure your abuser has no access to your searches. The National Domestic Violence Hotline's website has some very informative information about how to reduce your "tech footprint" to reduce the chance of your abuser finding your cries for help. Deleting your history, cache, and cookies are all starters, though the website has more detailed tips for your benefit.

Celebrity Baby News: Kylie Jenner Reveals the Name of Her Daughter, and Twitter Reacts



By [Karley Kemble](#)

If you thought you were going to have to wait awhile for [Kylie Jenner](#) to announce her new [celebrity baby](#)'s name, you're in for a real treat! In the latest [celebrity news](#), Jenner took her big reveal to social media on Tuesday night, reports [UsMagazine.com](#). Accompanying the precious post was a simple caption: "Stormi Webster" with an angel emoji. The Kardashian and Jenner families are known for their unique baby names, and Twitter users were certainly quick to come up with puns related to the newest celebrity baby. One user wrote "Somebody just said: It will be Stormi with the chance of Reign in the North of Chicago. I said: wait what[?] They replied with: it was a Dream." Too funny! We can't wait for more news about Stormi Webster!

This celebrity baby's name was highly anticipated. What are some ways to honor your family's heritage when it comes to naming your child?

Cupid's Advice:

It's an awesome idea to pay homage to your relatives when naming your new generation. Cupid has some ideas for you:

1. Use a maiden name: Maiden names make beautiful first names! If your maiden name is too masculine or feminine, use a variation that fits your style. Nicholson or Nicholas can easily become Nicole, Michaels can become Michaela. The possibilities are endless, you just have to get creative!

Related Link: [Celebrity Baby News: Surprise! Kylie Jenner Gives Birth to Baby Girl with Travis Scott](#)

2. Middle names matter: If you are set on a first name that has no relation to your family, consider tying your child's middle name in! You can use the same middle name as a parent, grandparent, or even great-grandparent, or even use their first name. That way, there is a direct familial connection, which will certainly be appreciated.

Related Link: [Celebrity Baby News: Source Says Kylie Jenner's Pregnancy with Travis Scott 'Definitely Wasn't Planned'](#)

3. Use a combo: Perhaps you want your child to have connections to both sides of the family. This can be done a variety of ways. You can combine two names as a hybrid first name, use one as a first and another as a second, or put a hyphen between the two! No feelings will be hurt when you make a clear effort to bring together both families!

We want to know: how did you honor your family's heritage?
Share below!

Beauty Advice: Incorporate Flowers In Your Beauty Routine



By [Karley Kemble](#)

Flowers add a quaint touch of beauty to any fashion look, or a charming pop of color to your bedside table (who doesn't love to receive a bouquet of flowers, right?!) Flowers offer more

purposes than a stylish print or thoughtful, fresh gift. There are plenty of ways to bring these pretty petals into your daily beauty regime. Whether you are looking to de-stress in the bathtub, cover your face in highlighter, or spritz some sultry perfume on before your big [date night](#), we've gathered together some awesome products that will make it easy to look, feel, and smell awesome!

Check out our awesome [beauty advice](#) to help freshen up your beauty routine with flowers:

1. Rosehip Oil: Beauty serums and oils have skyrocketed in popularity in the last year! Rosehip oil is among the products that celebrities swear by. In fact, it's Miranda Kerr's secret to flawless skin. Rosehip oil has antioxidants, fatty acids, and vitamins that provide wonderful benefits for your skin. It helps moisturize, minimize fine lines and wrinkles, brighten your skin, and more! It's versatile and a must-have for anyone!

Related Link: [Beauty Advice: Mastering Liquid Eyeliner](#)

2. Bath Bombs: If you've never experienced the amazingness of bath bombs, you *have* to give it a try. There are many floral-infused options available through different retailers. Perhaps the most popular is Lush Fresh Handmade Cosmetics' "Sex Bomb." The pretty pink and lilac orb has a euphoric rose scent, so you won't have any problems relaxing after a long week! The best part about soaking in a bath-bombed tub is that the scent soaks into your skin, so you'll smell fresh and floral for the rest of the day!

Related Link: [Beauty Trend: 5 Face Masks to Try](#)

3. Body Spray & Perfume: The most common way to integrate

flowers into your routine is as easy as a few spritzes of perfume! With tons of options out there, it can feel overwhelming to find one that you love. Take notes from your favorite celebrities! Daisy by Marc Jacobs is a fan favorite of [Miley Cyrus](#), and [Ariana Grande](#) is known to wear Viktor & Rolf's Flowerbomb. If you're looking for something to fit your budget a bit better, Bath & Body Works has many affordable options – their signature and best selling scent is Japanese Cherry Blossom!

Related Link: [Beauty Advice: The 5 Best Beauty Tips from Celebrities](#)

4. Makeup: There are tons of fleur-inspired beauty products out there! For a fresh-faced glow, try Milani's petal brush or Lancome's Rose Highlighter. If you're looking for something for the lips, try Blossom lip glosses or Modern Minerals' Lotus Flower infused lipgloss for a fresh flower pout.

5. Hair Pieces: Flowers in your hair are so elegant and dainty! If flower crowns are too basic for you, try weaving them into your braids, clipping them to the side, or even wearing them as a classic headband. Adding flowers to any hairstyle instantly dresses up any look!

How have you added flowers to your routine? Share with us below!

Movie Review: Love, Simon





By [Karley Kemble](#)

Love, Simon is a charmingly modern coming-of-age movie that tells a story about a teen struggling with his sexuality. Simon Spier (played by Nick Robinson) claims to live a “normal” life, and has a strong relationship with his family, great friends, and thriving academic life. But, the big secret he has yet to tell anyone is that he’s gay. Simon so desperately desires to experience romantic love, but finds that his inability to come out of the closet is holding him back. Once he begins to correspond with an anonymous peer who is presumably gay through email, Simon begins to find full, true happiness: maybe even love! Will Simon embrace his identity? Is he actually finding comfort in a catfish, or is this person the real deal?

This movie is a very heartwarming, and puts a modern twist on classic

coming-of-age films. It also teaches us about relationships. Check out our [movie review](#):

Should you see it:

Absolutely! You don't want to wait 'til this movie hits your local Redbox kiosk. This movie will open your eyes and will cause you think differently about how you interact with the world that surrounds you.

Who to take:

With a PG-13 rating, this is the perfect movie for teens, couples in need of a [date night](#), and single adults. See it with anyone, or by yourself. All that matters is that you see it!!

Cupid's Advice:

Love, Simon is a comedy, romance, and drama that has themes related to love, acceptance, and self-discovery. It also touches on modern romances and finding love through the digital realm. If you've been wanting to dive back into the dating world and have been considering using an online dating service or mobile application, here is some [relationship advice](#) from Cupid:

1. Know what you're looking for: The online dating realm may sometimes seem like an endless cycle of tacky pick-up lines, boring conversations, and constant ghosting. It can be very tiring and cause you to feel hopeless. Don't give up: know what you want and engage in conversation! Take the chance and send the first message if you're usually the type to wait around.

Related Link: [Relationship Advice: Can You Fall In Love Just](#)

[By Chatting Online?](#)

2. Be authentic: Yes, it's cheesy. *Be yourself*. We've heard that saying a million times, but it is an important one to stand by when you're seriously entering the online dating world. While it may seem tempting to tell little white lies from the onset, it's better to remain authentic and gradually reveal more details when you become more comfortable. By doing so, you'll attract authentic people, too.

Related Link: [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

3. Pictures, please!: Perhaps the most important component to your online profiles are the photos. Since you are eliminating the in-person element, pictures are key! Refrain from posting too many group photos, and be sure to choose the ones that show your personality. Selfies are okay, just make sure you show other dimensions of who you are! (Stay away from Snapchat filters!)

Will you be seeing Love, Simon? We want to know! Have any advice for online daters? Let's talk about it in the comments!

Are Nikki Bella & John Cena Calling Off Their Celebrity Wedding?





By [Karley Kemble](#)

Uh oh, there could be another celebrity couple calling it quits! In a newly released trailer for season three of *Total Bellas*, Nikki Bella and John Cena are shown sharing an emotional moment together, with Bella asking Cena, “So, we really want to call this off?” According to [EOnline.com](#), the [celebrity couple](#) could very well be talking about canceling their upcoming [celebrity wedding](#). Cena and Bella have been together since 2012. We’ll have to tune into the episode to see how it pans out, which unfortunately isn’t until later this spring!

Things aren’t looking great in terms of John & Nikki’s upcoming celebrity wedding. What are some reasons to call off your

engagement?

Cupid's Advice:

Sometimes, things don't go according to plan. Relationships end, engagements are called off – that's just the way it goes. Check out Cupid's advice:

1. You're having major problems: It's normal for any relationship to have their share of differences. However, there is a difference between a small tiff and frequent blowups. If do not feel there will be any chance at reconciliation or forgiveness, perhaps you should consider breaking off your engagement.

Related Link: [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

2. You don't want to be an inconvenience: If you are having doubts about marrying your partner, but don't want to cancel your wedding for the sake of inconveniencing others, that is a very telling sign! You shouldn't feel pressured to get married, and should know with every fiber of your being that this is a step you want to take. Don't succumb yourself to unhappiness just to satisfy others.

Related Link: [Psychologist Breaks Down Relationship Fears in New Book, 'Love Me, Don't Leave Me'](#)

3. You're worried this could be your only chance: Listen here, if you are only with your current partner because you are afraid nobody will ever love you again, you are completely wrong! Do not marry somebody because you don't want to be forever alone. In fact, this actually shows that you are not ready to take the next step in your relationship.

Have you ever called off a wedding? How did you know it was the right thing to do? Share your story below.

Celebrity News: Gordon Ramsay Lost 50 Pounds to Save Marriage to Wife Tana



By [Karley Kemble](#)

Anyone on a weight loss journey has an individual reason why they want to get fit. For some, it's to build self-confidence, or to shred for a wedding. For celebrities like Gordon Ramsay, it's to save his marriage. In the latest [celebrity news](#), Ramsay was motivated to lose over 50 pounds after seeing a photo of himself with his wife Tana, reports [UsMagazine.com](#). Shocked by how overweight he was, Ramsey wondered how his wife

stayed around, because she was “better-looking and more gorgeous” but “getting in bed with a fat f–k.” Balancing his busy schedule with his personal life was challenging, but once he started to put his goals at the forefront, he started to see success on the scale! We’re so glad that the [celebrity couple](#) is still going strong.

In this celebrity news, Gordon Ramsay wanted to get fit for his wife. What are some ways fitness can help your relationship?

Cupid’s Advice:

You may not think fitness has anything to do with your relationship, but Cupid has news for you! Check out Cupid’s Advice and see how being in shape impacts your relationship with your spouse:

1. Lowered stress levels: Any form of physical activity helps clear your head. Whether you participate in a spin class, go for walk, or do some yoga, all have the ability to significantly reduce your stress levels. The rush of endorphins cause you to feel happier, which transfers over into your relationship, too!

Related Link: [5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate](#)

2. More confidence: Sure, some days you would rather do anything else than work out, but have you ever regretted a good sweat afterwards? Our guess is probably no! In fact, your self-confidence will certainly be higher. When you feel good about yourself, you feel more worthy of attention and worthy of love.

Related Link: [Famous NY Restaurant: Black Tap is the Latest Obsession in Burgers & Flashy Milkshakes](#)

3. Higher energy: Building your stamina gives you more energy to do things you love! You'll be more eager to agree to a romantic late-night stroll, or early morning sunrise hike! You will also have more stamina for cardio-related bedroom fun (wink, wink!)

How has fitness impacted your relationship? Leave us a comment below!

Kim Kardashian Is a 'Very Hands-On Mom' with New Celebrity Baby Chicago





By [Karley Kemble](#)

[Kim Kardashian](#)'s newest [celebrity baby](#) Chicago West has kept her busy! The mogul and mother of three has had no problems adjusting to her busier life after the birth of her third child, who was born via surrogate on January 15th. According to a source close to Kardashian, the mom has been very "hands-on" with Chicago, reports [UsMagazine.com](#). The [latest celebrity news](#) also reports that Kardashian and Chicago have both been doing very well – the baby has been sleeping "a ton," – which is awesome news for any mom! We hope the transition continues to go smoothly for this celebrity mom!

This high-profile celeb is still very hands on with her new celebrity baby. What are some ways to juggle parenting

responsibilities and other tasks?

Cupid's Advice:

Balancing motherhood along with all of your other priorities may feel challenging at times. Some days will certainly be easier than others. Cupid has some tips to make your life a little bit easier:

1. Write it down: Your schedule is bound to be busy as ever. Make sure you have a planner or large calendar to write everything down! Writing everything down will help keep your schedule straight. If you find it helpful, you can also create a color code to really keep things fresh!

Related Link: [Celebrity Baby: Kim Kardashian Explains Why She Hired Surrogate for Baby No. 3](#)

2. Make time for yourself: Reward yourself from time-to-time with a night out! It's important to give yourself a break from your life as a parent and hang out with people your own age. Whether you go out with your partner or some of your pals, one night out is good for your sanity. Make it a pact to try and limit the conversations about kids, and focus on having fun!

Related Link: [Celebrity Baby News: Kim Kardashian & Kanye West Celebrate Birth of Celebrity Baby Daughter](#)

3. Chore charts: You should never feel like you are pulling all the weight! If your kids are old enough, you should consider introducing responsibilities into their routines. A chore chart works well for this. Implementing a rewards system is an age-old parenting tool that often ties-in with these charts, too. Make sure your partner takes part, too!

How do you manage your parenting responsibilities and day-to-day life? Leave a comment below!

Celebrity News: How Jessica Biel & Justin Timberlake Keep Their Marriage Strong



By [Karley Kemble](#)

[Celebrity couple Jessica Biel](#) and [Justin Timberlake](#) are stronger than ever! According to [UsMagazine.com](#), an insider close to Biel says that couple love “spending time together” and “don’t have to be doing much, but they are still laughing and having a good time.” In the latest [celebrity news](#), Biel and Timberlake were seen dancing, nuzzling, and cuddling at Timberlake’s latest album’s listening party. The pair has been

together for 11 years and has been married since 2012. We're so happy to see this couple is still going strong!

In celebrity news, Jessica Biel and Justin Timberlake are one cute married couple. What are some ways to make your marriage stronger?

Cupid's Advice:

Even after you and your partner have been together for some time, it's important to keep the magic alive. That way, you'll have a long and happy marriage. Cupid has some tips to make sure this happens:

1. Do things alone: It's important to maintain your individual identity. Sometimes, it manages to get lost when you are a couple. Allow each other to pursue your own interests and make sure to hang out with friends sans your partner. You'll find the alone time to be fulfilling!

Related Link: [Celebrity Wedding: Justin Timberlake Pens Wife Jessica Biel a Love Letter for 5th Anniversary](#)

2. Keep to yourselves: If you and your partner are going through a rough patch, it's probably smart to limit your venting. When you include too many people into your business, it can lead to people being overly and unnecessarily involved. This also leads to others perceiving your partner negatively. Be sure to balance the negatives with the positives!

Related Link: [Celebrity News: Justin Timberlake Says He's 'So Proud' of Wife Jessica Biel](#)

3. Be positive: Make sure you and your partner are constantly affirming each other! This is important to a strong

relationship because it shows you don't take them for granted. Go out of your way to say "thank you" or give them a compliment that goes deeper than the surface level. A little gratitude goes a long way.

What has worked for you and your partner? Share with us in the comments!

Product Review: 3 Must-Have Items for Running Errands With Your Kids



By [Karley Kemble](#)

If you're an on-the-go parent, you know how challenging it can be to have your little ones tag along with you on your errands. From tantrums in the toy aisle, to sneaking snacks into your cart, a short shopping trip can take a lot longer than you originally planned. While it may seem impossible, these three products are huge game-changers for your next trip to the store!

Grocery shopping just got a little easier with [Molo](#) and [Candy Lane Kidz](#) clothing, [Binxy Baby](#), and [Maddy & Maize Popcorn](#). Check out our product review:

1. [Molo & Candy Lane Kidz](#): Say goodbye to your embarrassment over bringing your child to the store in his or her pajamas. Your little one will be more stylish than you in the awesome outfits from Molo or from Candy Lane Kidz. Both these brands supply fashion-forward clothing for boys and girls of all ages! Molo specializes in wallet-friendly trends that are flexible, high-quality, and detailed. Candy Lane Kidz is on the pricier side, but perfect for treating your kiddos to something nice! You can't go wrong with any item from either of these brands.

Related Post: [Product Review: A Lounger Fit For a Celebrity Baby](#)

2. [Binxy Baby](#): Carrying around your car seat or lugging a stroller along is not always practical or easy. It's even more challenging when you have more than one baby with you! The Binxy Baby Shopping Cart Hammock really changes shopping as you know it. This revolutionary invention uses strong cups and

a super secure harness that hook on both sides of the cart. Your baby will be safe and comfortable while you grab those groceries! Serena Williams and Heidi Montag love Binxy Baby and use it to cart around their [celebrity babies](#) on their trips to the store.

Related Post: [Product Review: Mom and Baby's Favorite Baby Clothes](#)

3. [Maddy & Maize Popcorn](#): Sometimes, all your kiddos need is a snack to pacify them. Maddy & Maize Popcorn is the perfect solution, as long as your kids are over five years old. These snacks are awesome because they are all-natural, non-GMO, have no artificial ingredients or preservatives, and are made with organic ingredients. They have very yummy flavors that your kids will love – aged white cheddar, cookies and cream, birthday cake, and more! The popcorn is made in small-batches, which makes it perfect to pack in your diaper bag, too.

You deserve a easy and breezy shopping trip, especially when you have your kids tagging along. Do yourself a favor and bring these products into your life! May all your trips to the grocery store be tear-free and forever happy.

Date Idea: Best Shows to Binge-Watch With Your Partner





By [Karley Kemble](#)

If you and your partner enjoy staying in, kicking back and watching shows together, then you've probably binge-watched a show (or five) together. Are you on the hunt for another one? Look no further. Check out these four [date ideas](#) that will have you hooked!

You'll love these show recommendations for your next [date night](#)!

1. Friday Night Lights: Regardless if you are a football fan or not, this show is a must-see. The five seasons follow a close-knit Texas football team and their community at-large, and also talks about topics surrounding contemporary American culture.

Related Link: [Date Idea: Get Out Of Your Comfort Zone](#)

2. The Office: There's a reason "The Office" was a household

name for nine seasons! Each episode perfectly captures the hilariousness of a normal 9-5 workday, and the characters are so unique and compelling. You and your partner are sure to laugh until your stomachs hurt.

Related Link: [Date Idea: Indulge In a Night of Laughter](#)

3. This is Us: If you've been wanting to tune into "This is Us" but don't want to feel lost during the current season, dive in on Hulu! This show takes you on an emotional journey within each 45 minute episode, following the lives of the Pearson family throughout the course of their lives.

4. Scrubs: "Scrubs" is another oldie but goodie, because it brings humor to a rather mundane place – the hospital. Nine seasons will definitely keep you and your partner busy for awhile, too.

What shows do you and your partner watch together? Share in the comment section!

Celebrity Style: Distressed Denim Looks





By [Karley Kemble](#)

Denim is the best because it is *never* off-trend. Seriously. Whether you dress them up or dress them down, they are effortlessly versatile! With so many different colors, washes, and styles, there are endless ways to rock your jeans, denim jackets, or chic chambrays. One denim style that is always in style is distressed denim, probably because it manages to look both edgy and laid-back. Perfect for a casual [date night](#) or to pack in your bag for a [romantic getaway](#), you can never go wrong with a pair of distressed denim jeans.

If you're looking for new ways to wear your distressed denim, you need these [celebrity style](#) tips! Cupid promises you'll turn heads.

1. Long cardigan: When paired with a long cardigan, distressed jeans look super casual, but amazingly cute and put-together!

Throw on a tucked in tee shirt and slip on a pair of ankle booties. [Sofia Vergara](#) has been seen sporting this combo, and it's honestly the perfect daytime outfit for Sunday brunch with the girls, or doing some retail therapy!

Related Link: [These Celebrity-Approved Denim Shorts Are the Cutting-Edge Fashion Trend for Summer](#)

2. Off-the-shoulder top: A super girly look to wear with distressed denim is with a sexy off-the-shoulder top. Style your hair in a sleek top knot and dainty necklace for some sophisticated glam. A pair of strappy sandals works well with this look. If you need some style inspo, look to [Hilary Duff](#) or [Kelly Rowland](#) – they've both mastered this warm and beachy look!

Related Link: [Fashion Advice: 'Wow' the Crowd with Color](#)

3. Sporty zip-up: Zendaya is always style goals, so it's no surprise she manages to wear her distressed denim well! She's been seen wearing her jeans with track style zip-up and tennis shoes, which is casual, sporty, and stylish! Best of all, this outfit is super comfortable, so you can wear it all day without wishing you had a backup outfit to change into!

Related Link: [Fashion Trend: Fashion Goes Digitally Modern Savvy](#)

4. Crop top: Show some more skin and pair those ripped jeans with a cute crop top! Crop tops work well with distressed jeans because they are versatile too! You can wear your crop top alone or wear it with something over – like a flannel, anorak jacket, or sweater. No matter how you dress it up (or dress it down), you'll have a unique look each time! If you need ideas, peep Gigi Hadid knows exactly how to rock her crop tops with denim!

5. Moto jacket: Leather/moto jackets are a staple for anybody's wardrobe. When worn with distressed denim, you're

sure to look like a baddie. Olivia Palermo knows what we're talking about – this style is a favorite of hers. Pair your jacket with some edgy hoops and a ponytail to look even more edgy!

What's your favorite way to wear distressed denim? Share with us in the comments below!

Vacation Destinations: Where to See the Most Beautiful Springs in the U.S.



By [Karley Kemble](#)

If you're in need of a vacation, but want to go somewhere different, consider the wonders of hot springs! Hot springs are an awesome getaway because of their natural beauty and absolute luxury. Basically the best bathtubs out there, they are great for relaxing your muscles, upping your circulation, and clearing your mind. There are many different springs all over the country, so there are plenty of options for you! Grab your girlfriends or your partner, or just go by yourself! You deserve a [luxury vacation](#) and pampered getaway!

Pack your bags, babe! These hot springs make the most perfect [vacation destinations!](#)

1. Lava Hot Springs, Idaho: You can visit Lava Hot Springs almost any time of year, as it is open 364 days out of the year. The water of Lava Hot Springs is usually between 102° to 112°, perfect for any visit. The natural mineral water will restore your soul and make you feel rejuvenated! While you visit, take a look at the Sunken Gardens for a more dry vacation and admire the beautiful gardens and rock formations.

Related Link: [Vacation Destinations: Top 5 Getaway Spots on the East Coast](#)

2. Hot Springs State Park, Wyoming: Hot Springs State Park is an all-in-one vacation destination! Obviously, the main attraction are the Hot Springs themselves. The water's kept at a comfortable 104° year-round, and over 8,000 gallons a day circulate the refreshing and beautiful basins. Other noteworthy must-sees include their Swinging Bridge, Rainbow Terrace formations (a result from hot springs water, algae and plankton) and their plentiful Bison Herds!

Related Link: [Vacation Destinations: 5 Places to Visit on the West Coast](#)

3. Franklin Hot Springs, California: California's Central Coast is the best-kept secret! Just a little bit north from the L.A. area, you'll find tons of natural beauty. Cue Franklin Hot Springs. The price point is very affordable and you can enjoy all the on-site amenities, such as fishing and boating. There are a few other hot springs in the area, so hit them all when you go for a visit!

Related Link: [Top 5 Cost-Efficient Tropical Vacation Destinations](#)

4. Fanning Springs State Park, Florida: This spring promises clear, cool water to all those who visit! Take a dip in the springs, or snorkel and swim if that's more your style. Whatever the case, cabins are available to rent on-site, so you can stay as long as you'd like. Looks like it's time to cash in those vacation days!

5. Blackstone Hot Springs, New Mexico: New Mexico may not be the first vacation destination that pops into your head, but you won't be sorry if you visit Blackstone Hot Springs. Blackstone offers luxury lodging: newly remodeled for the ultimate pampering experience! Whether you enjoy basking in the sun or hiding in the shade, there are plenty of ways to sit back and relax. They take guests and walk-ins, so it's perfect for any travel plans.

Have a favorite hot spring? Share it with us! We'd love to hear about it.

Celebrity Divorce: Jenni 'JWoww' Farley Talks Snooki & Jionni Divorce Rumors



By [Karley Kemble](#)

Though rumors have been flying that [Nicole "Snooki" Polizzi](#) and her husband Jionni LaValle are facing relationship problems, it looks like there is nothing to worry about. LaValle addressed the rumors head-on last week on his Instagram, denying all allegations of a [celebrity divorce](#), and also shared he will not be part of the "Jersey Shore" reboot. Now, it looks like Polizzi's bestie is speaking out! According to [UsMagazine.com](#), Jenni "JWoww" Farley said that it was "really heartbreaking" that LaValle had to combat the nasty rumors, but she supports the [celebrity couple](#) and loves

“everything about them and what they have going on.” What a great friend!

These celebrity divorce rumors are very unfortunate. What are some ways to keep rumors from affecting your relationship?

Cupid's Advice:

Uh oh, is your relationship the current talk of the rumor mill? Don't worry, love. This too shall pass. If rumors are bringing you down, Cupid has how to fight through these challenging times:

1. Stay busy: This is an important factor because it tests and shows your true inner strength. When you are actively excelling at work, at school, or at home, it shows you cannot be kicked down by petty rumors. In time, the rumors should pass because people will realize you're way too strong to be affected by their nonsense.

Related Link: [‘Martha & Snoop’s Potluck Dinner Party’ Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible ‘Jersey Shore’ Revival](#)

2. Give the benefit of the doubt: When you hear something unnerving or seemingly unlikely about your partner, it's important to take a step back and not jump to conclusions. Your emotions will be running high, and you're definitely entitled to your feelings. Just think: are you going to jeopardize an entire relationship over the possibility of a rumor being true? Before you do something you might regret, consider waiting and acting when you have the facts.

Related Link: [Snooki Stands Up for Celebrity Love Jionni](#)

3. Talk to your partner: At the end of the day, what's most important is you and your partner's take on things. If the rumors are affecting your relationship, you two *must* talk about it. If you don't, then your relationship will have a very challenging chance at survival. Communicating will help fill in the blanks and clear the doubts you could be having.

**How have you stopped rumors from affecting your relationship?
Let's talk about it!**

Celebrity Wedding: Gwyneth Paltrow & Brad Falchuk Confirm Engagement





By [Karley Kemble](#)

[Gwyneth Paltrow](#) is one step closer to saying “I do!” The actress and mogul announced her engagement to *Glee* producer Brad Falchuk, according to [EOnline.com!](#) The [celebrity couple](#) has been together since Paltrow’s split from Chris Martin in 2014. Though she has been married before, she is not afraid to walk down the aisle again because she has found her soulmate and “accepted the soul-stretching, pattern-breaking opportunities that (terrifyingly) are made possible by intimacy.” Expect to see the [celebrity wedding](#) sometime in the near future! Congrats to Paltrow and Falchuk!

There’s another celebrity wedding in the works! What are some ways to know you’re ready to take the next step in your relationship and get

engaged?

Cupid's Advice:

Think you're ready to take the next step in your relationship? Check out what Cupid has to say:

1. You genuinely feel like you've got it all: If you feel satisfied with all of your professional and personal endeavors, that is a great sign! Nowadays, people like to have it all – successful career and an awesome and fulfilling relationship. When you think about your life and feel fulfilled with all your aspirations, you definitely are ready to settle down!

Related Link: [Celebrity News: It's Official! Gwyneth Paltrow Wishes Boyfriend Brad Falchuk Happy Birthday on Instagram](#)

2. You enjoy the uneventful moments: Life isn't all ups and downs. Sometimes, it's just flatlines. While it sounds negative, it's nothing to be ashamed of. When you are truly in love with your partner, cherishing the anticlimactic moments are important. If you can FaceTime for hours without really saying anything, you may have found the one for you.

Related Link: [Top 10 Sexy, Successful, Single Celebrity Women Over 40](#)

3. You know everything about each other: Remember that episode of The Office where Jim and Pam couldn't think of any stories or moments they hadn't shared with each other? That's how you know you've found your forever partner. When you and your partner know everything about each other and confide in each other through and through, you are definitely ready to take the next step in your relationship!

How did you know when you found the right person? Share your story below!

Celebrity Break-Up: Lena Dunham & Jack Antonoff Split After 5 Years Together



By [Karley Kemble](#)

In some very devastating [celebrity news](#), Lena Dunham and Jack Antonoff are no more. According to [UsMagazine.com](#), the couple has endured a [celebrity break-up](#). Antonoff and Dunham began their relationship in 2012, but were simply growing apart, say sources close to the pair. The split comes as a shock to some, as they appeared to be going strong just months ago, as seen through Dunham's social media postings and on an article she

penned for *Variety Magazine*. Hang in there, guys!

This celebrity break-up comes after a five year relationship. What are some ways to adjust after a long-term relationship?

Cupid's Advice:

Breakups are always challenging, and even more so when the relationship is long in tenure. If you're having a difficult time adjusting to your newfound single life, check out these tips from Cupid to help ease the pain:

1. Delete, delete, delete: In this digital age, we are connected to everyone digitally. Do yourself a favor and unfollow, delete, and/or even block your ex on all social media platforms. When you're trying to get over them, seeing their face plastered everywhere you turn. It really will help the healing process!

Related Link: [Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality](#)

2. Give yourself credit: Some days will be easier than others. Instead of looking at the negatives, try flipping your perspective. You only cried five times today? Cool, yesterday it was seven so that's an improvement! You're allowed to mourn and allowed to be sad. Let yourself feel the pain for some time.

Related Link: [Rumor: Girls' Lena Dunham Is Dating Fun.'s Jack Antonoff](#)

3. Do things you love: Reclaim your independence and do things on your own. This is super important because it helps to

dissociate the past from the present. Just because you and your ex went on lots of trips together doesn't mean you have to be a hermit for all eternity! It's totally unfair and is only a disservice to you. You deserve happiness as a single person, too!

How have you coped after a breakup? Share with us below!

Beauty Tips: Celebrity Hair Trends to Brighten Up for Spring



By [Karley Kemble](#)

After enduring the brutally cold winter temperatures, you're probably super ready for the sunshine and warm weather. It's time to put away your warm clothes for the season, get out the lighter colors, and update your look. Do a bit of spring cleaning and refresh your hairstyle! If you're ready for a big change in your hair game, look no further. Cupid has the scoop on the hottest [celebrity hair trends](#) this spring. You'll surely turn heads with your new 'do!

These [beauty tips](#) and celebrity hair trends are huge game changers!

1. Blunt bangs: Bangs may seem like a somewhat risky decision. but when done right, they look absolutely amazing! The key is to make sure they go cohesively with your overall hairstyle. Look to Rose Byrne or [Taylor Swift](#) for some bang-speration! Blunt bangs go really well with a symmetrical bob. If that is too dramatic for your taste, try some light, feathered bangs with your choppy layers.

Related Link: [Get a Knockout Look with This One-Two Punch in Hairstyles](#)

2. Scrunchies: One of the most beloved trends from the '90s is making its way back into 2017! Scrunchies are a fun way to dress up ponytails and top knots, or can even be used for a more stylish look at the gym! These plush hair ties were seen on many different springtime runway shows, and [Selena Gomez](#) is a big fan of this oldie-but-goodie, too.

Related Link: [Beauty Trend: The Ultimate Guide to Eyelash Extensions](#)

3. Changing up your part: Sometimes, a major hair update is as easy as parting your hair a different way. If you always part

your hair to one side, try the other side or even a center part! The best thing about parting your hair is that there's no commitment. If you don't like it, you can easily change it back. If you need some celebrity inspiration, [Rihanna](#) or [Kendall Jenner](#) are always changing up their 'dos.

Related Link: [Beauty Advice: The 5 Best Beauty Tips from Celebrities](#)

4. Lightening your color: A popular thing to do in the springtime is to change your hair color! Whether you'd like to go big and dye your whole head, or start small with some tasteful highlights, the options are endless. Celebrities who have really mastered changing their hair color along with the seasons are Rachel McAdams and [Emma Stone](#)!

5. Luscious layers: Layers are always a winning option and will liven up hair that has become dull to the chilly weather. Layered hairstyles are extremely versatile and are extremely easy to customize for your own face shape. Take notes from [Lindsay Lohan](#) if you're looking for a celebrity that has really rocked the layered look over the years!

What hairstyle will you be rocking this spring? Leave us a comment below!

‘Fixer Upper’ Stars Chip & Joanna Gaines Are Expecting Celebrity Baby No. 5



By [Karley Kemble](#)

Baby makes five! In some very exciting [celebrity news](#), Chip and Joanna Gaines are expecting their fifth child together. The *Fixer Upper* stars shared the announcement about their [celebrity baby](#) on Chip's Instagram, reports [EOnline.com](#). Chip added his signature sense of humor to the caption, writing, "Gaines party of 7 (If you're still confused.. WE ARE PREGNANT)" and tagged Joanna's Instagram handle. Too funny! The newest addition to the [celebrity couple](#)'s family will arrive sometime this year. Congratulations to Chip and Joanna!

There's another Fixer Upper celebrity baby on the way! What are

some ways to be sure you give attention to each of your children when you have a big family?

Cupid's Advice:

Big families are tons of fun! At times, it can be overwhelming, but there's never a lack of excitement. It's normal for children to feel deprived of attention in larger families, so if you're looking for ways to help find the balance, check out these tips from Cupid:

1. One-on-one time: Sometimes, all your kids really want is some quality time with you and your partner. Consider giving each of your children one day a month (or whatever works for your schedule) to spend the whole day with you. Make the day about them and give them the chance to choose what they want to do! They'll totally appreciate the quality time with you or with your partner.

Related Link: [Celebrity Parents Open Up About Their Best Parenting Advice](#)

2. Emphasize group activities: Group activities are always a wonderful way to include everyone! Whether you play a game together, bake a bunch of cookies, or visit a local park, there are plenty of ways to spend equal amounts of time with all of your kids. Plus, these activities are big memory makers that are cherished long down the road.

Related Link: [Marriage Advice from Celebrity Couples Who Stay Together](#)

3. Manage your schedules: If you have a large family, it's important to figure out a schedule that works. You should always encourage your kids to try new things and be ambitious, though you also have to be practical. Too many extracurricular

commitments will hinder the time spent with each of your children. If your schedule seems overwhelming, perhaps one activity at a time is a good option!

**How have you maintained a balance between multiple children?
Tell us in the comments below!**

Celebrity Baby News: Another Duggar Is Pregnant! Jinger & Jeremy Vuolo Are Expecting First Child





By [Karley Kemble](#)

The Duggar family is growing yet again! 14 months after saying “I do,” Jinger Vuolo, the sixth oldest Duggar daughter, is expecting her first child with husband Jeremy Vuolo. According to [UsMagazine.com](#), the [celebrity couple](#) is “praising God for this beautiful gift” and hopes that fans and supporters will “join us in praying for a safe and healthy pregnancy.” Though Jinger comes from a large family, the reality star and her husband have both kept quiet on how big they want their family to be! Regardless, we are very excited about this [celebrity baby](#) news. Congratulations to the Vuolo family!

This celebrity baby news isn't exactly surprising, but we're happy for the couple! What are some ways your relationship changes when you

have a child?

Cupid's Advice:

A baby brings lots of changes to you and your partner's relationship. If you're apprehensive about the jump from two to three, you're not alone! Being aware of the changes is helpful, so here's what Cupid has to say:

1. Imbalanced effort: You and your partner might experience growing pains when it comes to divvying up your parental duties. The laundry and bottle washing will seem endless at times! With two of you and one of them, it's certainly challenging to figure out a system that works for each other. It can be done, though!

Related Link: [Celebrity News: Amy Duggar's Parents Are Divorcing](#)

2. Drained energy: Your new bundle of joy doesn't come with a concept of time, so late-late nights and early mornings are inevitable. Both you and your partner will have a lack of energy when it comes to your relationship. While you know what you *should* be doing for each other, sometimes you just won't feel up to it. Recognize the importance of affirmations and making time for each other, though! You two need to lean on each other in this new chapter of your lives.

Related Link: [Celebrity Couple Jessa Duggar and Ben Seewald Reveal Newborn Son's Name](#)

3. Hindered intimacy: Similar to strained energy, there will certainly be hindered intimacy between you and your partner. The desire to sleep will sometimes (okay, more than sometimes) overpower your desire for intimacy. That is normal – most couples struggle with this! Try your best to keep the romance alive. Start small, and you'll be back to your pre-baby selves in no time at all!

How did your relationship change post-baby? Share your two cents with us below!

Parenting Tips: Rainy Day Activities



By [Karley Kemble](#)

It's raining, and your kiddos are loving the day inside. At first, they're having a blast playing with their toys, but now they're becoming restless with their pent-up energy. (There are only so many toys, after all, you don't have a [celebrity baby](#)!) You still can't go out since it's wet and

raining, so what is there to do? If you've ever been in this predicament, you know how frustrating it can be for you and your kids! The days where you can't go outside are always the days that your kids want to go outside the most! Never fear, Cupid is here. The next time rain tries to put a damper to your day, you'll have an arsenal of games and activities ready to go!

These parenting tips are sure to alleviate rainy day restlessness and boredom!

1. Build a pillow fort: Relive the days of your childhood, and build a pillow fort with your kids! The best forts don't need much: just pillows or couch cushions, blankets, and chairs. Forts are truly a timeless art form and can be used for many different purposes. Your kiddos will have a blast playing pretend all day and hanging out inside!

Related Link: [Parenting Tips: How To Set a Good Example For Your Child](#)

2. Create a scavenger hunt: Scavenger hunts are an awesome way to release pent-up energy. You can set the stakes high with a new toy, or simply hide some candy bars. Get bonus points for having a cohesive theme for the entire hunt, such as pirates or princesses. You'll find that your little ones will really get into the theme and feel as though they're actually looking for buried treasure!

Related Link: [Parenting Tips: How To Cope With Stress](#)

3. Make a mini museum: Make the old feel new again to your kids, and turn your living room into a museum. Have your kids set up shop by making displays of whatever they feel like showing off – toys, books, and pieces of art – the list is

endless! Once the museum is “ready to open,” have your kids act as the museum docents and take you on a tour. Encourage them to share the history and backstories of all the items, whether they are true or not!

Related Link: [Parenting Tips: 5 Unique Ways to Have Fun in the Sun with Your Child](#)

4. Get crafty: There are tons of crafts you can do while being cooped up inside. One of the biggest DIY crafts with kids right now is “slime.” All you need is Elmer’s glue, borax, water, and food coloring! Crafts keep your kids occupied and engaged and truly help develop their creativity. They’ll also have tons of pride once they have a completed product.

5. Bring out the board games: Contrary to what most people may think, board games are still alive and thriving. Kids aren’t just glued to their technology; they still like board games! Rainy days are the perfect opportunity to open that cabinet full of games and spend quality time with each other. These moments will instill many wonderful memories within your kids’ lives, too!

What do you like to do on rainy days? Tell us in the comments – we’d love to hear about it!

**Celebrity News: Kim
Kardashian Reveals Her 2018
New Year’s Resolutions**



By [Karley Kemble](#)

New year, new Kim? Kind of! According to [EOnline.com](#), [Kim Kardashian](#) has been very open with the changes she hopes to make in 2018 on her exclusive app. In the video, Kardashian states her main goal “is to be on my phone less and more in the moment.” She also hopes to up her fitness game and work out five to six days a week with her trainer. 2018 will certainly be a huge year for Kardashian and her husband Kanye West, as they will soon be welcoming another [celebrity baby](#) via surrogate, too!

This [celebrity news](#) shows us that even celebrities like Kim

Kardashian plan to make big changes with the new year. How can you stick to your resolutions once you've committed to them?

Cupid's Advice:

It's easy to make resolutions at the beginning of the year, but it's not always easy sticking to them. In fact, most people ditch their big resolutions before January even ends. If you're hoping to make sure your big changes stick, check out these tips straight from Cupid:

1. Re-frame the "resolution": Resolutions rarely see life past January is because of the immense pressure to strictly abide to them. If there is even a small deterrent, most people give up because they aren't perfecting their goal. Try re-framing and leave room for error. For example, if you want to lose weight, instead of saying "I will lose 20 pounds this year," say "I want to change my eating habits and focus on my overall health." The two coincide, and it's more likely you'll have more success!

Related Link: [Kim Kardashian Announces the Sex of Celebrity Baby No. 3](#)

2. Don't be afraid to restart: Slip-ups are inevitable, so don't beat yourself up over them! With 52 weeks and 365 days, you would be insane not to stray from your big resolution. When you do stray (notice: "when" and not "if"!) know that your next choice/decision is an opportunity to get back to your goal. It's better to have a slow and steady progression, rather than no progress or even backtracking and giving up completely!

Related Link: [Beauty Advice: The 5 Best Beauty Tips from](#)

Celebrities

3. Have a support system: Lean on others for support. It's not a sign of weakness, rather, it's a sign of strength! When you tell others about your goals, they will want to help encourage you and help keep you accountable. Making others proud is always a very empowering motivator, so you should definitely consider this option!

What's your New Year's resolution? How do you plan on sticking to it? Talk about it with us in the comments below!