

Fitness Trend: High Intensity Interval Training (HIIT)



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One of the hottest [fitness trends](#) of 2017 and now 2018, high intensity interval training (HIIT) is a great all-over workout and really maximizes your calorie burn. Loved by celebrities such as [Guiliana Rancic](#) and [Carrie Underwood](#), this popular workout type uses a series of intervals at rapid intensities to condition your body in a shorter period of time. Seriously: you only need to dedicate 30 minutes for each workout. Whether you're an on-the-go mom or a bride-to-be, you should give HIIT workouts a try. You'll find it's the perfect workout that'll give you the results you've been searching for – regardless of whether you're a newbie or a fitness guru.

Still not sold? Check out some of the benefits of this popular [celebrity fitness](#) trend that include more than just maximizing your calorie burn:

1. It promotes fat loss and muscle gain: Cardio is excellent for your heart as well as an great way to burn fat. Most HIIT workouts will have an element of weight training built-in, so it is truly an all-inclusive exercise regimen. You'll be in killer shape in no time because of the combination of cardio and muscle building!

2. It's perfect for busy schedules: Let's face it – we are all busy and overexert ourselves. If you think you don't have enough time for a consistent exercise routine, it's time to stop making excuses! HIIT workouts are all about burning calories in a short period of time. All you need to do is spare 15-30 minutes and give it all you've got. Trust us, the results will amaze you!

Related Link: [Up and Coming Fitness Trend: Indoor Rowing](#)

3. You don't need equipment: You don't need to spend money on fancy equipment or gadgets. HIIT is all about getting your heart rate up, and keeping it up throughout the workout. You can easily tailor your workout to fit your current needs and fitness goals without the added tools.

4. It's gets you out of your comfort zone: Because of the intensive nature of HIIT, you are constantly pushing yourself out of your little comfortable bubble. HIIT exercises are a lot more fast-paced than 30 minutes on the treadmill or elliptical, so you'll find that your stamina will build at a quicker rate, too.

Related Link: Fitness: [5 Amazing Workout Tips from the Best Celebrity Trainers](#)

5. You can do it anywhere: If you have a gym membership you can check to see if they offer HIIT classes, or you can make-do in the comfort of your own home! There are tons of videos online that you can follow along with – just make sure you follow the directions so you don't injure yourself.

Have you tried out HIIT? What do you like about it? Let us know below!

Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'





Interview by [Lori Bizzoco](#). Written by [Karley Kemble](#). In our exclusive [celebrity interview](#), [Teresa Giudice](#) candidly discusses her new book, her four daughters, and her controversial past. *Standing Strong* is all about finding strength during tough times – something that the *Real Housewives of New Jersey* star knows the importance of from firsthand experience. Ultimately, she hopes to use her celebrity status as a platform to help women struggling with financial infidelity. Her words of advice to the masses? “Stand strong – nothing bad lasts forever,” she shares. “Even though you feel like you’re going through a rough time, you’re gonna get through it.”

As for the future, expect to see more from this bestselling author. “The sky’s the limit, and I’m all about empowering women,” the [reality TV](#) star says in our celebrity interview. “So, you know, we’ll see what comes my way in the future.”

You can follow Teresa on Instagram at [@teresagiudice](#) and purchase her book on [Amazon](#).

Kate Upton & Justin Verlander Open Up About Celebrity Wedding & Proposal



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Mere weeks after a whirlwind World Series win and wedding, Kate Upton and Houston Astros pitcher Justin Verlander are gushing about their big day. According to [EOnline.com](#), the [celebrity couple](#) appeared on *The Tonight Show With Jimmy Fallon* and shared that their friends and family were all in Italy for their [celebrity wedding](#) before they were! According to Verlander, their friends showed them around their

destination venue via Facetime! Upton also shared details about their 2016 proposal, saying that she was nervous about looking at the ring while Verlander popped the question because she didn't want him to think she was materialistic. Afterward, Verlander asked if Upton liked the ring and was worried she didn't like it! Too funny! We wish this celebrity couple nothing but the best.

We can't get enough of this celebrity wedding and proposal! What are some ways to make your engagement and wedding day extra special?

Cupid's Advice:

Your wedding will be the best day of your life, hands down. No matter how you decide to celebrate, the day should be about you and your partner. Cupid has some ideas on how to make your big day as special as possible:

1. Add your personal touch: Your wedding is all about representing you and your partner. Make sure your personalities shine through! You can add your own creative spins on traditional engagement or wedding must-haves. If you don't like cake, don't serve it! Pie is good too. It's your day, so you have free reign to make it your own.

Related Link: [Celebrity Wedding: Kate Upton Marries Justin Verlander in Lavish Italian Wedding](#)

2. No-phone zone: If you're having an engagement party or a wedding, encourage your guest to put their devices away. You'll likely have a photographer taking care of documenting your day, so it'll encourage everyone to enjoy the day in

real-time! It'll surely make your day seem more personal and authentic (and you won't be worried thinking people are bored!)

Related Link: [Celebrity News: Kate Upton Kisses Fiancé Justin Verlander After Astros World Series Win](#)

3. Create a hashtag: Don't like the idea of a phone-free zone? That's okay! Wedding hashtags are very on-trend. Creating a cute play on words with your last names or thinking of a funny inside joke is makes for a perfect wedding hashtag. The more creative, the better! That way, you can go back and browse through all the moments your guests shared together. It's like a digital guest book!

How did you make your engagement and wedding day special? Comment below!

Celebrity Couple Keith Urban & Nicole Kidman Reveal Their Family Holiday Plans





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With Thanksgiving right around the corner, it's always fun to know what plans are in store for celebrities. In the latest [celebrity news](#), [EOnline.com](#) reports [celebrity couple](#) Keith Urban and Nicole Kidman are keeping their holiday festivities traditional and centered around family. According to Urban, "We kind of thread it all together. It's not like blocks of time. It's all threaded together." What an awesome mindset to have during the holiday season!

This celebrity couple is focused on family time. What are some unique ways to enjoy time with your loved ones during the holiday season?

Cupid's Advice:

The holidays are a great time to relax and spend time with those you love. If you're looking for something new and fun to

do, Cupid has some ideas for you to check out:

1. Catch a movie: Most movie theaters are open on the holidays. Because most people are spending time with their families, the theaters are practically empty! What's better than a private showing of a film you've been dying to see with all the people you love?

Related Link: [Celebrity Couples: Cutest Country Music Pairs](#)

2. Play games: In the age of smartphones, board games are a bit dated. Bring them back into popularity! Board games are a great way to bond with your family members, and great to introduce to the younger generation. Nothing's wrong with a little friendly competition. Bonus idea: have a basket or bowl for everyone's phones so you all can be present with each other.

Related Link: [Keith Urban Serenades Nicole Kidman on Stage for 8th Anniversary](#)

3. Karaoke sesh: Karaoke is a classic pastime, and a perfect method of unity. Music is universally known to bring people together. If you've always wanted to do karaoke but the idea of getting down to "Bohemian Rhapsody" in front of a bunch of strangers scares you, this is a perfect starter. Your evening is sure to be full of laughter and long lasting memories.

What's your favorite way to spend the holidays? Let us know below.

Celebrity Wedding: Serena

Williams Marries Alexis Ohanian in New Orleans



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In some seriously exciting celebrity news, Serena Williams and Alexis Ohanian are married! The tennis pro and Reddit co-founder tied the knot in a lavish New Orleans ceremony. According to [EOnline.com](#), their [celebrity wedding](#) was attended by many family members and friends – the rehearsal dinner alone had around 100 people in attendance. With tons of alcohol, beautiful flowers, and yummy beignets, this wedding was one-of-a-kind! Williams and Ohanian have been together since 2015 and welcomed their first child, Alexis Jr., two months ago. Congratulations to the [celebrity couple](#) – you have a lot to celebrate!

This celebrity wedding was a fancy affair! What are some ways to personalize your wedding festivities?

Cupid's Advice:

Your wedding will be one of the best days of your life, so it's important that everything – from the location and decor to the food and drinks – best represents you and your relationship. Cupid has some ideas on how to make your special day unique:

1. Break from traditions: Sure, there's nothing like a classic wedding. These ceremonies are timeless and quaintly traditional. But your day is all about you, so you can celebrate it however you'd like! If you would rather add your own touch to the bouquet or garter toss, go for it. Your guests will love the creative spin.

Related Link: [Celebrity Baby: Serena Williams Introduces Daughter Alexis Olympia](#)

2. Ditch the cake: If you don't like cake, you don't have to serve it! Dessert alternatives are super on-trend lately. You can serve cupcakes, order a wall of doughnuts, or even have an ice cream sundae bar. The choices are endless, and the personal touch will be remembered.

Related Link: [Celebrity Wedding: Serena Williams Addresses Secret Wedding Rumors](#)

3. Get creative with the guestbook: Guestbooks are nice, but realistically speaking, how often do you think you'll sit down

and go through the album? Ditch the book and have something more practical. Buy a coffee table book for your guests to sign, or ask people write down a piece of marriage advice for you. You'll get more use when you implement a bit of creativity, and you won't feel like you're wasting your money on something that's going to gather dust in your closet.

How have you added personal touches to your wedding? Let us know below!

Celebrity News: Surprise! The Weeknd & Bella Hadid Are Hanging Out Again





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[Selena Gomez](#) and [Justin Bieber](#) may not be the only [celebrity exes](#) on the mend! In the latest [celebrity news](#), The Weeknd and Bella Hadid have recently been in contact with one another, reports [EOnline.com](#). The Weeknd was spotted leaving Hadid's New York City apartment on Tuesday. While friends close to the former celebrity couple say the pair are not officially back together, they do admit there might just be some unresolved feelings – the rapper has “been very open about the fact that he still cares for her deeply.” The Weeknd and Hadid ended their relationship of a year and a half back in 2016.

In celebrity news, it seems lots of celebs are getting back with their exes! What are some benefits to getting back together with someone

who you've dated before?

Cupid's Advice:

Dating somebody you've dated before isn't always a bad idea, contrary to what you may have heard. If you are thinking of getting back together with a former fling, here are some advantages to consider:

1. No awkward small-talk: Let's face it – small talk is pointless, but a staple of any new relationship. (Do you *actually* care about the weather?) When you jump back into a relationship with somebody from the past, you've already gotten to know them and can skip the boring norms. You can move forward faster and get to the more serious stuff.

Related Link: [Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split](#)

2. Sense of familiarity: To an extent, we all fear the unknown. Dating somebody you've dated before eliminates that fear. Your ex accepted you once before, so whether you realize it or not there's comfort in knowing you were good enough for them in the past.

Related Link: [Single Celebrities: Bella Hadid Has Had Enough Of Dating Rumors](#)

3. Time apart helped you grow: While you will be familiar with who they *were* when you dated them before, you could find yourself surprised at how they changed in your time apart. Perhaps you both did a lot of soul searching and have a whole new outlook on life to share with each other. Whatever the case, you won't be bored with the same stories.

What are some other benefits of getting back together with an ex? Let us know below.

Celebrity News: Selena Gomez Snuggles With Her Pup at Justin Bieber's Hockey Game



y [Karley Kemble](#)

[Selena Gomez](#) and [Justin Bieber's](#) rekindled relationship appears to still be going strong. According to [UsMagazine.com](#), the [celebrity couple](#) was seen together at Bieber's hockey match on November 15th. In tow with Gomez was her adorable Cavalier King Charles Spaniel, Charlie. Gomez and Bieber caused quite a stir in [celebrity news](#) just weeks ago. Following Gomez's breakup with The Weeknd, it was revealed

that she was dating Bieber again. Though there may have been drama between the celebrity couple with their past on-again-off-again relationship, sources close to the duo say that Bieber has always been Gomez's soulmate. We're happy to see that they are going strong!

This celebrity news proves that Selena and Justin are still rekindling their romance. What are some ways to rebuild trust in a broken relationship?

Cupid's Advice:

It's not impossible to rebuild a broken relationship. While it may take a lot of work, if you are wanting to move on from past occurrences, Cupid has some tips you can implement into your lives:

1. Act lovingly: Within the tougher times when emotions are high, it will be more challenging to respond kindly. Even in the toughest of times, it is critical to keep love in the forefront. If your partner sets you off, instead of putting your guard up and acting defensively, take a step away from the situation. Then, think of an appropriate way to respond lovingly.

Related Link: [Celebrity News: Selena Gomez's Friends Want Her 'To Be Cautious' with Justin Bieber](#)

2. Follow through: Remaining consistent is very important. You must follow through on your word, and your partner must follow suit. An already rocky relationship will be impossible to mend if one person thinks they are more reliable than the other. If life gets in the way of you staying true to your word, make

sure you maintain an open line of communication to show that you respect your partner.

Related Link: [Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together](#)

3. Maintain patience: Trusting someone is a gradual process. It's certainly more challenging to rebuild trust after a serious situation occurs. Be patient and know that you cannot magically trust someone overnight. If the relationship is worth it, it will happen, though.

How have you rebuilt trust in a broken relationship? Share with us in the comments below.

Fitness Tips: 6 Ways to Avoid Putting on Extra Holiday Pounds





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The holidays are a wonderful time of year filled with lots of reasons to celebrate. With so many parties and gatherings, it's easy to break away from healthy habits, and even easier to add numbers to your scale. While holiday weight gain is usually inevitable, you can put up a good fight. How cool would it be to say you actually *lost* weight after the New Year hits?

If you're worried about gaining weight during the holidays, check out these [fitness tips](#) that'll help prevent the scale from climbing. After all, Cupid doesn't believe in keeping fitness secrets.

1. Workout in the mornings: In most cases, parties are held in the afternoons or evenings, so if you're heading to an evening

shindig fit in some exercise in the morning. Starting your day off with fitness really sets the whole tone for your day and will make you more conscious of the foods you put in your mouth. You also are less likely to feel guilty about treating yourself to grandma's homemade gingerbread cookies!

2. Walk after dinner: It doesn't seem likely that you'll leave early from a holiday party and head straight to the gym. There is some good news – you can still get those Fitbit steps in. Start a new family tradition and go on a good walk around the neighborhood. While it may not be the most intense cardio workout, it still counts for something. Plus, you can bond over all the houses decorated for the holidays!

Related Link: [Dating Advice: How to Avoid Holiday Weight Gain!](#)

3. Take advantage of commercial breaks: If you find yourself glued to the T.V. for all the holiday specials and every new Hallmark Christmas movie, the couch potato life can really take a toll on your weight. Utilize the 15+ minutes of repetitive ads, and turn your living room into a mini home gym. You can do a ton of exercises – crunches, pushups, jumping jacks – the list is really endless! Find what works for you and go for it. By the end of the movie or show, you'll have a decent workout in.

4. Snack beforehand: Never go to a party hungry! When the "hanger" kicks in, it's almost impossible to control yourself. Make sure you eat a little something beforehand, so you don't become ravenous. You'll be more mindful of what's going into your mouth and will significantly reduce the chances of a regrettable binge eating episode.

Related Link: [Dating Advice: Don't Be Afraid to Sparkle During the Holidays–Even If You Are Single](#)

5. Bring a healthy dish: While there is a bit of uncertainty with the menu at a party you're invited to, your host/hostess will definitely appreciate some extra help. No matter what

you're asked to bring, there is always opportunity to put a healthy spin on a dish. That way, you know at least one thing is a good choice. Don't be worried about people skipping over your dish because of your modified recipe, most people can't even taste a difference.

6. Plan, plan, plan: What's great about the holidays is that you can prepare your action plan beforehand. The big holidays fall around the same time every year, so you know what to expect. Eat healthily in the days leading up to a holiday party, and fit in workouts around your busy schedule. Establish as much consistency as you can – breaking the routine is what causes you to stray and will cause weight gain.

How do you manage your weight during the holidays? Share in the comments below!

Celebrity News: Chloe Green Thinks She'll Get Engaged to 'Hot Felon' Jeremy Meeks





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y [Karley Kemble](#)

Just three years after an insanely viral mugshot took over the internet, the famed “Hot Felon” seems to have a drastically different life! Jordan Meeks and his girlfriend Chloe Green might soon be planning a [celebrity wedding](#)! According to [UsMagazine.com](#), Green thinks that she and Meeks are looking to take the next step in their relationship and become engaged! The [celebrity couple](#) were first seen together in June and haven’t slowed down since. This is certainly a turnaround in Meeks’ life – he made [celebrity news](#) just last month for filing for divorce from his wife Melissa.

This celebrity news shows that you truly can move on after a divorce. What are some steps you can take to move on after a tough split?

Cupid’s Advice:

While it may seem impossible to move on while enduring a rough divorce, it is possible. If you are having trouble, Cupid has some ideas that might just help you out:

1. Ask for help: There's nothing wrong with admitting you need help. Contrary to what you may believe, it's not a sign of weakness, but rather, a sign of strength. Admitting you need help will garner a lot of respect from those around you. Yes, you can still consider yourself strong and independent and still require extra help from time to time!

Related Link: [Celebrity Couple News: Chloe Green Denies Engagement to 'Hot Felon' Jeremy Meeks](#)

2. Celebrate small: If you find yourself constantly down from a messy divorce, sometimes it's easier to find small things to celebrate. Even if it's something as seemingly mundane as putting on "real pants" rather than sweats – that's something to be proud of. Coloring your world with more positivity will cause you to see things more positively.

Related Link: [Celebrity Couple News: Scott Disick is Telling Friends He's 'in Love' with Sofia Richie](#)

3. Focus on yourself: While it may seem so lonely to be on your own for the first time in a while, use this time of independence to learn more about yourself and what you truly want. Self-discovery will help you focus on your personal goals for the future, without having to focus on somebody else's wants, needs, and desires. Don't jump into another relationship until you feel ready for it.

How have you moved on after a divorce? Share your tips below.

Celebrity Divorce: Mel B & Stephen Belafonte Reach Partial Divorce Settlement



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[Celebrity exes](#) Mel B and Stephen Belafonte have reached a partial divorce settlement. While the exact terms have not been disclosed, [UsMagazine.com](#) has confirmed that they have also agreed to a partial custody settlement of their six-year-old daughter Madison. Mel B announced her [celebrity divorce](#) in March, with allegations that Belafonte had an affair with their nanny. In a heartbreaking statement, Mel B stated, "I am in fear of my safety, and I am in fear of being irreparably harmed." She was allowed a temporary restraining in May, and still awaits a domestic violence restraining order to be

finalized.

This celebrity divorce is partially settled, but not all the way. What are some ways to make your divorce proceedings more efficient and civil?

Cupid's Advice:

Sometimes when it comes down to it, divorce is the right decision for you and your partner. There certainly is potential for drama to fester within divorce proceedings, but if you want to avoid the added stress of a long and messy battle, check out these tips from Cupid:

1. Don't be defensive: When you're going through a rough divorce, a defensive guard might be your first instinct. Emotions are high, and maybe things aren't going your way. You are entitled to your feelings, though it is important to refrain from a "you started it" mentality. Be as mature as you can – it will make your divorce run a lot smoother.

Related Link: [Celebrity Divorce: Mel B Makes Fashion Statement About Her Ex At The VMA's](#)

2. Nix the disses: While it's okay to vent to a close friend or your immediate family, you shouldn't let the hostility saturate. Don't trash talk your ex to everyone you meet. When you do that, you're making your private business a public ordeal. If you only have negative thoughts about your ex, consider keeping them out of the conversation. As hard as that may be, you'll find a positive mindset is beneficial to your mental well-being.

Related Link: [Celebrity Divorce: Mel B's Sister Slams Her Ex Stephen Belafonte After Abuse Claims](#)

3. Stay out of court: If you two can manage, try and come to an agreement without the help of lawyers. Not only is it easier on your bank accounts, it'll save you both a lot of time. It also will prevent a load of drama – we've all seen how messy divorce proceedings can get on T.V.!

Have you or has somebody you know gone through a rough divorce? How did you cope? Let us know below.

Popular Vacation Spots: 7 Places to Make the Most of Holiday Break





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y [Karley Kemble](#)

With many winter holidays around the corner, you're bound to have some time off. Sure, you have your normal holiday traditions, but maybe you feel like changing it up this year. Winter is a wonderful time to [travel](#) because there are so many places decked out for the holidays!

If you're feeling adventurous and have been bitten by the travel bug, Cupid has some ideas of where you can go to make the most of your holiday season!

1. Christmas Town, USA: The town of McAdenville in North Carolina transforms into a quaint little Christmas mecca during the month of December – straight out of a Hallmark movie! The city itself is decked out with over 50,000 lights, not to mention that basically every house in the city limits

is decorated as well! This is a must-visit.

2. Vienna, Austria: Anywhere in Europe is definitely an amazing holiday getaway, let's be real. Vienna is known for its quaint holiday markets, filled with delicious foods and gifts galore! There are tons of lights and displays around the city. Advent concerts are also regular holiday events, so look out for those, too.

3. New York, New York: A true and iconic American classic, a visit to New York during the holidays is something everybody should see at least once in their lifetime. The iconic Rockefeller Center tree is truly breathtaking, and most store windows are lavishly decorated for the holidays! Also, if you love ice skating, get over to Bryant Park Winter Village and check out their iconic holiday rink. It's truly something marvelous.

Related Link: [Date Idea: Take a Holiday from the Holidays](#)

4. Boulder, Colorado: If you're dreaming of a white Christmas, look no further than Boulder. In all honesty, you can go *anywhere* in Colorado during the holidays and it's guaranteed to be beautiful. Plus, Boulder is famed for its lavish resorts and picture-perfect ski slopes – so if that's up your alley, you should book a flight ASAP!

5. Copenhagen, Denmark: There are many places to visit in Denmark, but one you absolutely have to check out is Tivoli Gardens. Beautiful throughout other seasons, the gardens transform into a holiday oasis with festive lights and decorations! Another noteworthy location is Kronprinsensgade street – known for its “blanket” of Christmas lights that hang above the buildings.

6. Nuremberg, Germany: Get yourself in the holiday spirit with some Nuremberg gingerbread and take a stagecoach tour around town. Germany is a perfect holiday destination that will surely amaze you. Shop around for unique and magnificent

ornaments to bring home for all your loved ones, or stop by the iconic Children's Christmas Market and check out the merry-go-round!

Related Link: [Date Ideas: Holiday Couple Fun](#)

7. Disneyland or Disneyworld: There's something about visiting the Disney Parks during the holiday season that is so timeless. Disney really works their magic and decks out their parks – there is no nook or cranny left undecorated. There are also special seasonal events and shows that are totally worth checking out, and yummy holiday themed concessions. Definitely check out any of the resorts for a happy holiday getaway – after all, these parks are called some of the happiest places on earth for a reason!

Where are your favorite places to go during the holidays for a winter getaway? Share below!

Product Review: A Lounger Fit For a Celebrity Baby





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y [Karley Kemble](#)

Whether you're a first-time parent or a mother of multiple kiddos, your child deserves the same treatment as a [celebrity baby](#). Give them the proper care they need! The [DockATot](#) is a staple for all growing babies and is loved by moms everywhere, and has been called "A blessing for baby and parents." Celebrity moms like [Kim Kardashian](#), and [Lauren Conrad](#) all rave about this must-have baby product! This ergonomically designed lounger will make your life easier, and will provide your little one with a safe, snug, and soothing place to kick back and relax.

If you're looking for a product that will truly change your baby's life, you need a DockATot lounger.

DockATot comes in two sizes: Deluxe, for newborns to nine months, and Grand, for babies nine months to three years. Each size is designed to aid your growing child through key

developmental stages, and truly helps them sleep more soundly. The Deluxe lounger mimics the womb – creating a safe sleeping spot, and prevents flat head syndrome. It's also perfect for diaper changes and for getting their tummy time in! The Grand boasts the same benefits, and is also perfect for the later transition from cribs to big-kid beds.



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Offering more than standardized baby loungers, the DockATot has been carefully constructed with your baby in mind. One review tastefully states “I’m convinced there is magic fairy dust sewn into the DockATot!” Fairy dust or not, these loungers are embedded with temperature control that doesn’t harbor heat. Because of the special hygienic fabrics, your child is prevented from becoming sweaty. The loungers are crafted with the highest quality of breathability and non-toxic materials, allowing for maximum comfort and convenience. The website also boasts a thorough list of safety

certifications and standards, which ensures that your child's safety is a top priority.



Whether you are an on-the-go [traveler](#), or simply taking your baby to grandma's so you and your spouse can go on a long overdue [date night](#), you'll find it easy to tote your DockATot. Not only are these loungers lightweight, portable, and super easy to travel with, they are very stylish! There are a variety of different covers that truly make your lounger feel customized for you. Made from 100% cotton, DockATot's covers are washable and durable for the messier moments in life, too.



Related Post: [Product Review: Celebrity Moms Use Diono Convertible+Booster Car Seat For Travel](#)

DockATot is a must-have for any child or toddler. Give your little bundle of joy the ultimate celebrity baby treatment and see for yourself how revolutionary these loungers are!

For more information about DockATot, visit DockATot.com.

Celebrity News: Selena Gomez's Friends Want Her 'To

Be Cautious' with Justin Bieber



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Recently reunited [celebrity couple Selena Gomez](#) and [Justin Bieber](#) are as happy as ever, and want to do things right this time around. Though the couple spent most of their past relationship as an on-again-of-again couple, they have both grown individually in the years they've been apart. In the latest [celebrity news](#), friends are a bit wary that the celebrity couple is back together, reports [UsMagazine.com](#). Sources close to Gomez, including her bestie Taylor Swift, report that they want her "to be cautious" dating Bieber again. Though her friends admit the singer has certainly changed for the better, they also know how much hurt he has caused Gomez in the past. Here's to hoping they continue to go

strong!

This celebrity news is definitely the talk of Hollywood at the moment. What are some things to be careful about if you're getting back together with an ex?

Cupid's Advice:

No matter what people say, getting back with an ex isn't always a bad idea. Like Gomez says – the heart wants what it wants, right? However, it is important to be cautious when you jump back into a relationship with someone. Cupid has the scoop:

1. Think about their motives: While this might be unsettling, you need to consider your ex's feelings. Are they genuinely wanting to give it another go, or are they just using you to fill a void? You don't want to get burned again, so be careful and really think this through before you jump back in.

Related Link: [Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together](#)

2. Think about your feelings: Similarly, it's important to be careful that you're really interested in giving it another shot. If you just want to get back with them because you don't want to go to your bestie's wedding by yourself or are lonely in general, you should reconsider your priorities. Don't invest your time into your ex if you aren't going back into the relationship with the right intentions.

Related Link: [Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating](#)

3. Beware of old habits: As they say, old habits die hard. While you might be thinking that your ex has completely changed for the better, it's important to be realistic. There's still potential for the habits that previously affected your relationship to creep back into the picture, so don't put your ex on a pedestal quite yet.

Have you ever gotten back with an ex? How were you careful? Let us know below.

Celebrity News: Scott Disick is Upset Kourtney Kardashian Didn't Invite Him to Khloe's Surprise Party





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y [Karley Kemble](#)

Uh oh, it looks like [celebrity exes Scott Disick](#) and [Kourtney Kardashian](#) are making [celebrity news](#) yet again. According to [EOnline.com](#), Disick was very upset he was not invited to her sister, [Khloe Kardashian](#)'s surprise birthday party. In a preview for next week's *Keeping Up With the Kardashians* episode, a disgruntled Disick confronts his ex, saying, "I would have wanted to be there for her" because he still considers himself part of the family. When asked for explanation, Kardashian explained that she was worried about the photos and press attention – but later reveals that she simply did not want her celebrity ex to be there. The preview ends with Disick calling his celebrity ex "really fake" for not being honest with him. Yikes!

This celebrity news shows that these exes aren't necessarily civil

all of the time. What are some parameters you can put on your relationship with your ex if you have children together?

Cupid's Advice:

Breakups can be messy. Breakups with kids can be *really* messy. While Kardashian and Disick try and remain civil for the sake of their three children, it's clear they face their fair share of problems. If you're having trouble with an ex, Cupid has some tips that you can implement into your life:

1. Kick the emotions to the curb: You must keep your frustrations and all negative feelings about your ex between the two of you. It's easy to jump to conclusions and expect the worst from your ex if you ended on bad terms and continue to have drama. Your child (or children) are the most important commitment you two share, so when they're around, get along as best as you possibly can.

Related Link: [Celebrity News: Scott Disick Threatens Kourtney Kardashian for Dating Again](#)

2. Have a clear-cut plan: Early on into your separation or divorce, it is pivotal to have a clear and defined custody agreement. Between the two of you, decide on a visitation schedule and figure out how you will celebrate holidays and their birthdays. It won't be easy by any means, but it will really help you diffuse potential conflicts from arising.

Related Link: [Celebrity Couple News: Kourtney Kardashian & Younes Bendjima Getting 'Very Serious' and Enjoy Date Night in L.A.](#)

3. Leave the new boyfriend/girlfriend out: Introducing a new

person into your child's life can be complicated. It is best to leave the parenting to the parents until the relationship becomes very serious. That way, you and your ex can learn how to co-parent maturely and avoid playing the blame game with each other.

How have you set up parameters with an ex you've had kids with? Comment below!

Vacation Destinations: Top 5 Getaway Spots on the East Coast





B

y [Karley Kemble](#)

Everyone deserves a getaway once in a while! Sure, stay-cations are a great way to unwind, but sometimes it's best to leave your little comfort bubble and explore! The East Coast is the ultimate vacation destination, well known for amazing beaches and five-star views. You really can't go wrong with a visit to any of the East Coast states.

Whether you're due for a quick weekend trip, a longer excursion, or a [romantic getaway](#), consider some of these luxurious East Coast locations:

1. Martha's Vineyard, Massachusetts

Probably the most timeless East Coast destination, Martha's Vineyard is a very popular summer getaway for celebrities and

regular folks alike. There are lots of things to do here: you can kick back on the beach, stroll around the beautiful Mytoi Japanese Garden, or even ride the Flying Horses – the world's oldest carousel. Did we forget to mention that the summer weather is basically perfect? You'll rarely ever see temperatures that top 90 degrees!

2. The Hamptons, New York

Live the Kardashian life you've always dreamed about, and take a trip to The Hamptons! No matter where you stay, you will be absolutely delighted by your surroundings. Stay at a beachfront hotel or the famous Greek Revival Inn and take in the breathtaking views. Check out Jackson Pollock's home studio, eat some lobster rolls, and snap some pics of the Montauk Point Lighthouse you've seen all over Instagram. What are you waiting for? Start planning now!

Related Link: [5 Places Your Favorite Stars Go On Their Celebrity Vacations](#)

3. Cape May, New Jersey

Did you know Cape May is one of the oldest vacation destinations in the U.S.? If that's not enough proof of its excellence, perhaps some of the following details will pique your interest. You will be wowed by the lavish Victorian houses and extensive year-round activities. Do a little wine tasting, treat yourself to a spa day at the many resorts, or even take a cute trolley tour around town (all super fun [date night](#) ideas!). No matter what time of year that you plan your getaway, you'll surely find something to do.

4. Newport, Rhode Island

Not to be confused with its namesake in California, Newport in Rhode Island is a perfect location for an East Coast getaway. Another year-round getaway, Newport is home to the Breakers, one of the most well-known cottages (read: mansions) in the

East U.S.. The best part? It's open for tours, so you can plan all of your future house goals! You'll also want to check out the Ocean Drive boat tours for one-of-a-kind views of the Atlantic coast. Give it a go!

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

5. Chapel Hill, North Carolina

Chapel Hill has definitely mastered the small-town charm. The ever-famous Franklin Street is well-known for its stores, restaurants, and quaint coffee shops. It'll also be in your best interest to take a trip over to the Coker Arboretum and soak up all of the beautifully maintained gardens. If you're into sports, Chapel Hill is the mecca of all things basketball – they even have a whole museum dedicated to Carolina's team!

Where are your go-to places on the East Coast? Share your favorites below!

Celebrity Baby: Chrissy Teigen & John Legend Share Baby No. 2 Plans





B

y [Karley Kemble](#)

[John Legend](#) and [Chrissy Teigen](#) are talking baby number two! According to [EOnline.com](#), Teigen and Legend are hoping to have another [celebrity baby](#) very soon. Teigen has been very vocal about her struggles with infertility and their choice to have their first child, Luna, through frozen embryo transfer. In a recent magazine interview, Teigen said that the [celebrity couple](#) had 20 embryos from the start, though only three were genetically “normal.” Both Legend and Teigen have both said they definitely want to have their second child, which Teigen has confirmed will be a boy “in the near future.” We hope to hear news of a celebrity pregnancy soon!

Hopefully there will be a celebrity baby on the way for Chrissy Teigen and John Legend soon. What are some ways to support your partner

through fertility issues?

Cupid's Advice:

Sometimes having a child does not always happen according to plan. If you or somebody you love is coping with infertility, Cupid has some ways to help during the difficult and emotional times:

1. Validate their feelings: A common mindset of people who struggle with fertility is to blame themselves. They have more than a right to be upset, so make sure they know it's okay to feel what they're feeling. It's also important that they know they are not alone and their infertility issues are not their fault.

Related Link: [Celebrity Baby: John Legend Opens Up About Fertility Struggles with Chrissy Teigen](#)

2. Learn: Infertility is kind of a taboo subject to talk about, so you might be in the dark about the details and latest information. Sit down at your computer and take some time to research the subject. Keeping up to date will show you care and will help you empathize with them a lot better.

Related Link: [Celebrity Couple: Tom and Ashley Arnold Open Up About Their Tough Road to Parenthood](#)

3. Know what and what not to say: We often default into saying phrases that we've heard, and think are helpful (i.e. "just relax" or "you can always try another way"). In almost all cases, these words will hurt more than help. It's much more calming to ask your loved one "how are you doing" or "how can I help" because you're thinking of their feelings rather than trying to fix the problem. Most times, people just want somebody to listen to them.

What advice do you have for couples facing infertility

difficulties? Please share below.

Celebrity Wedding: Kate Upton Marries Justin Verlander in Lavish Italian Wedding



y [Karley Kemble](#)

Just days after a monumental World Series win, Kate Upton has married her baseball beau, Houston Astros pitcher Justin Verlander. Their [celebrity wedding](#) took place at Rosewood Castiglion Del Bosco, a breathtaking resort in Italy.

[EOnline.com](#) reports that the decorations and scenery wowed attendees – from breathtaking mountaintop views that overlooked vineyards, to flower arrangements mixed in with olive branches, the luxe atmosphere could not be beat. Upton even shared a heartwarming photo of the newlywed [celebrity couple](#) on her Instagram account, saying, “I feel so lucky that I got to marry my best friend!” We’re so happy for this celebrity couple – congratulations to Upton and Verlander!

This celebrity wedding took place at an Italian resort. What are some benefits to getting married at a resort?

Cupid’s Advice:

Weddings are definitely a time of pure and wonderful bliss. While there are certainly a lot of little details to plan, one of the key elements to any wedding is location! If you’re wondering if a resort wedding is for you, Cupid has some benefits that might just interest you:

1. Scenic views: Resorts are known for their five-star luxury – both inside and out. Not only will you have an outstanding and classy venue, you’ll have gorgeous views, too! Location is everything, so why not go all out? (Bonus: think about how amazing your wedding pics will turn out with all the gorgeousness around you!)

Related Link: [Celebrity News: Kate Upton Kisses Fiancé Justin Verlander After Astros World Series Win](#)

2. Easy, breezy, convenience: A major hassle of having a destination wedding is finding a place to stay. If you have your wedding at a resort, you and your guests can book rooms on-site. Most people will dig the idea of getting ready and

walking over to your ceremony – so they can dodge the humiliation of getting lost and walking in late. Believe us, your guests will be thanking you for making their lives easier.

Related Link: [Kate Upton Admits Fiance Justin Verlander Will Hate One Aspect of Their Celebrity Wedding](#)

3. One-stop shop: Often times, weddings have special packages and deals that make wedding planning so, so, so easy. You'll have a caterer, bartender, and all the ceremony and reception necessities. It takes a lot of the stress of planning out, so you can focus on more important things (hello, like finding your dress!) Nobody will even think of calling you a bridezilla.

Have you had a resort wedding or have you been to one? What was it like? Do tell!

Celebrity News: Arnold Schwarzenegger Says Cheating on Maria Shriver Was a 'Major Screw-Up'





B

y [Karley Kemble](#)

Six years after announcing a shocking [celebrity divorce](#), Arnold Schwarzenegger is speaking candidly about his past decisions. According to [UsMagazine.com](#), in a preview for an upcoming television special, Schwarzenegger admits, “I know it was a major, major screw-up” when asked about his infidelity. The actor and former governor of California caused quite a stir in 2011, when he made [celebrity news](#) after cheating on his wife, Maria Shriver with their long-time housekeeper, Mildred Baena. Shortly after the revelation, news also broke that Schwarzenegger had, in fact, fathered a child with Baena. Though Schwarzenegger and Shriver have officially filed for divorce, Schwarzenegger also has revealed that the celebrity exes have not yet finalized it.

This celebrity news proves that celebrities feel regret just like

us. What are some ways to come back from a fatal mistake in your relationship?

Cupid's Advice:

As humans, we are subject to error and mistakes. While it may seem like you will never be able to bounce back after something terrible happens in a relationship, it's entirely possible. Cupid has some ways to cope and move on:

1. Don't let it define you: It's normal to take blame and harness a mistake as a part of who you are. You are not your mistakes or the product of mistakes that have affected you. It is important realize this and even more important to learn and grow from the past. Don't let it hold you back.

Related Link: [13 Most Shocking Celebrity Couple Affairs](#)

2. Practice positive mental talk: A positive mind is empowering. (Say that out loud five times!) If you're stuck in a rut after making a mistake, think of a way to spin negative thoughts into positive ones. Instead of thinking "I am so stupid" reframe your thoughts "I am smart, that decision was not." This way of thinking will really help change the way you see things.

Related Link: [Can Politics Ruin Your Relationship?](#)

3. Forgive and learn from it: Forgiveness isn't easy, but it is possible. It certainly does not happen overnight. In time you will find it to be freeing. Whether you need to forgive yourself or somebody else, reflect on the steps you need to take to reach that point, and do what you can to get there. Forgiveness doesn't change the past, but it can help you learn from it.

How have you bounced back after a fatal relationship mistake?
Share your experience below.

Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together



y [Karley Kemble](#)

After a roller coaster of a week for [Selena Gomez](#), it appears

she and [Justin Bieber](#) are officially a couple again! [UsMagazine.com](#) reports Gomez “has always had feelings” for Bieber, so this [celebrity news](#) is not too surprising for their inner circle. Since 2011, the [celebrity couple](#) has had a longstanding on-again, off-again history, and they went their separate ways for good three years ago. After Gomez’s kidney transplant over the summer, Bieber reached out to check in with her. While they kept things platonic at first, it wasn’t long before old feelings resurfaced. According to their pals, their time apart has allowed each of them mature and “move past” the drama they used to have, and the rekindled celebrity couple is happier than ever!

This celebrity news has us reeling! What are some ways to decide whether or not to get back together with your ex?

Cupid’s Advice:

Sure, you broke up for a reason. But sometimes, it’s impossible to get that one person out of your head. If you’re thinking of getting back with an ex, Cupid has some ways to help you decide if it’s the right move:

1. Enough time has passed: If it’s been awhile since you’ve gone your separate ways and you’ve had the chance to grow individually, then you might be ready to give it another shot. Time apart allows for clarity, after all. Maybe they were the right person for you, just at the wrong time in your life.

Related Link: [Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating](#)

2. You’re miserable without them: It goes without saying, but if you want to get back with your ex simply because you are

lonely, that isn't a good idea. However, if your break-up has truly made you realize your ex is your better half, then you should definitely consider getting back together. Second chances aren't always a no-go!

Related Link: [Why Celebrity Exes Justin Bieber & Selena Gomez Can't Quit Each Other](#)

3. You can easily fix what was broken: Perhaps the reason you two broke up wasn't anything personal; they just worked too much, or the distance was too challenging. If the big issues aren't big anymore, why not give it another shot? It could turn out to be something wonderful.

Have you ever gotten back with an ex? How did you make your decision? Let us know!

Celebrity News: Kate Upton Kisses Fiancé Justin Verlander After Astros World Series Win





B

y [Karley Kemble](#)

For the first time in 55 years, the Houston Astros have won the World Series! The team defeated the Los Angeles Dodgers in the seventh game on Wednesday evening. In the latest [celebrity news](#), Kate Upton attended the final series game in support of her fiancé, Astros pitcher Justin Verlander. Following the team's big win, the adorable [celebrity couple](#) was snapped sharing a huge kiss and excitedly celebrating with each other, reports [UsMagazine.com](#). Upton and Verlander have been a couple since 2014, and announced their engagement at the 2016 Met Gala. Now that baseball season is on hiatus, perhaps a [celebrity wedding](#) is on the horizon? Congratulations to this happy celebrity couple!

With this exciting celebrity news, this pair has a lot to celebrate! What are some ways to celebrate

your partner's achievements?

Cupid's Advice:

It's always exciting to share big moments with your partner. Cupid has some ways you can treat yourselves and celebrate your accomplishments:

1. Have a party: It's always fun to celebrate with your friends and family. You can take the reins and plan for a get-together at your place with all their favorite foods, or send a mass text to meet at their favorite restaurant or bar. Either way, the night is entirely about them and is sure to be fun and memorable time!

Related Link: [Celebrity Wedding News: Kate Upton & Justin Verlander Talk Wedding Plans](#)

2. Give them a little gift: Nothing beats a thoughtful gift. The key here is to tailor your present specifically to the accomplishment. For example: if your partner was promoted at work, buy them some customized office supplies. The more specific it is, the bigger the impact will be. Bonus: they'll think of you every time they see it or use it!

Related Link: [Our 10 Favorite Celebrity Couple Athletes](#)

3. Share the moment together: So maybe your partner isn't one for parties or sentimental gifts. That's fine – you can still celebrate on your own! Cook them dinner, pop on a movie, and just cherish the moment together. There's nothing wrong with keeping it low key and intimate. At the end of the day, what matters most is the time you spend together.

How have you celebrated a big accomplishment with your partner? Share your story below.

Celebrity News: The Weeknd 'Really Didn't Trust' Selena Gomez's Ex Justin Bieber



y [Karley Kemble](#)

[Selena Gomez](#) and The Weeknd may have broken up, but it's clear the [celebrity exes](#) may still have drama between them. In the latest [celebrity news](#), a source close to The Weeknd questioned Gomez's rekindled friendship with her ex-boyfriend, [Justin Bieber](#). Following a major kidney transplant earlier this summer, Bieber reached out to Gomez and the celebrity exes kept in constant contact after that. According to

UsMagazine.com, The Weeknd trusted his ex-girlfriend, but “really didn’t trust” Bieber’s intentions. Gomez and Bieber have been spotted hanging out with each other since news of her split with The Weeknd became public. Maybe Gomez isn’t so sick of that same old love, after all?

In this celebrity news, it seems that ex relationships caused some turmoil in a current relationship. What are some ways to keep your past relationships from dictating your current or future ones?

Cupid’s Advice:

Break-ups are almost always rough. While it may seem challenging to heal, it’s important to maintain a strong sense of self. Cupid has some tips that you can implement into your life to help keep your past from dictating the future:

1. Respect the past: Your past relationship ended for a reason. You don’t have to forget the good times you had. Respect the relationship for all that it was, because it probably was right for you at that point in your life.

Related Link: [Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating](#)

2. Be present: If you spend your time dwelling on what used to be, it’ll be super challenging to find happiness in another relationship. Yes, you should respect the past for what it was, just know you are a different person in the present. Learn from your past self and relationship, and fully embrace yourself for who you are presently.

Related Link: [Relationship Advice: What We Can Learn From Trials & Triumphs of Celebrity Relationships](#)

3. Do not fear vulnerability: Maybe your last relationship ended badly, and it has taken you forever to move on. As much as that sucks, if you fear vulnerability you're doing yourself a disservice. Starting a relationship with someone new is always going to be scary – so be open to the greatness that could come from it.

Do you have any other tips to share? Comment below with your thoughts.

Beauty Advice: Mastering Liquid Eyeliner





B

y [Karley Kemble](#)

Whether you're a beauty beginner or a makeup master, liquid eyeliner can be super daunting. Sure, you've watched endless makeup tutorials from your favorite beauty bloggers, but you can never figure out how they make it look so...easy. One little slip of the hand has the potential to ruin your perfectly blended eye shadow! Like most things in life, applying liquid eyeliner becomes easier with trial and error. It's normal to feel overwhelmed, but what's great about liquid eyeliner is how versatile it is. Whether you enjoy a bold and dramatic look, or are more into looking classic and crisp, liquid eyeliner can give you the best of both worlds and is a [beauty trend](#) that never goes out of style!

If you're ready to up your makeup game, check out these beauty tips that'll help you master liquid

eyeliner in no time!

1. Keep a steady arm: We aren't all meant to be surgeons, so it's normal to be a bit shaky when it comes to holding liquid eyeliner. If you're having trouble keeping a steady arm, try resting your arms on a table or bathroom sink. You'll find that it's a million times easier to draw a smooth line when your arm is sturdy.

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

2. Work in sections: A lot of the makeup pros are able to line their eyes with one fluid, sweeping motion. If that works for you, awesome! If you are still having trouble, working in small sections will give you the same effortlessly-chic look. A great technique is to dot your eyelid and connect the dots across. Starting from the center of your eyelid is also an easier beginning point, too.

3. Start with a pencil: If you love the look of liquid eyeliner, but are more comfortable with a pencil, try using both! Line your eyes with a pencil first. Then, trace over it with the liquid. That way, you have a clear path to follow and are less likely to end up with the dreaded raccoon eyes.

4. Have some helpful tools handy: Cotton swabs and Scotch tape are essential. If you feel ready to tackle the beloved cat eye, laying some Scotch tape on your outer eye provides a great guideline and allows for precision. Cotton swabs are delicate enough to gently remove any mistakes you might've made along the way.

Related Link: [Beauty Tips: The Rise of Microblading](#)

5. When in doubt, wing it out: Perhaps the most overwhelming but classic liquid eyeliner look is the beloved cat-eye. You can create the purr-fect cat eye look by lining your entire eye. Then, working from the outer corner closest to you your

bottom lash line, create a tiny triangle that bridges your top and bottom together. From there, you can build your wing outwards.

6. Relax: A great mental state is super important when tackling liquid eyeliner. Before you bring that brush to your eyelid, take a deep breath and relax. Allow yourself to make mistakes, too. Consider practicing your technique outside of your regular glam-time – that way you'll feel more confident if you're running late for [date night](#) or a big party!

Are you a liquid eyeliner guru? Share your tips below!

Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating





B

y [Karley Kemble](#)

[Selena Gomez](#)'s heart wants what it wants, and apparently it's not The Weeknd. In the [latest celebrity news](#), the former couple has ended their 10-month relationship, according to [UsMagazine.com](#). News of this [celebrity break-up](#) is a surprise to many, as they appeared "stronger than ever" just last month. Gomez has reportedly been back in contact with ex-boyfriend [Justin Bieber](#) after undergoing a kidney transplant, but the two are just on friendly terms. Hang in there, Selena and The Weeknd!

This celebrity break-up has us wondering if Selena Gomez will be getting back together with Justin Bieber anytime soon! What are some ways to cope with a recent break-

up?

Cupid's Advice:

Break-ups are almost always difficult to overcome. While it may seem like you will never be able to get over your ex, we promise it's possible. Here are some ways to get that ex off your mind:

1. Write it out: In this digital age, it's easy to want to take your feelings to social media. Don't. Put your phone away, shut down your laptop, grab a pen and piece of paper, and start writing. You'll find it to be very therapeutic!

Related Link: [Why Celebrity Exes Justin Bieber & Selena Gomez Can't Quit Each Other](#)

2. Talk it through: Find a good friend, and ask them to sit down and listen. Make it clear that you just want them to hear you out for now – they can give their personal opinions when/if you are ready for it.

Related Link: [Celebrity News: Selena Gomez Wants a 'Low Key' Guy Who Isn't 'Terrified' Of Her](#)

2. Get out of town: Sometimes the best thing you can do for yourself is to get out of town. It removes yourself (temporarily) from the memories, and will help clear your mind.

How have you coped after a break-up? Share in the comments below!

Celebrity Parents: 'Glee' Star Matthew Morrison Gushes Over Fatherhood



B

y [Karley Kemble](#)

Matthew Morrison's new life as a father has filled him with lots of glee! In recent [celebrity news](#), he and his wife Renee Puente welcomed their first [celebrity baby](#), Revel James Makai Morrison just two weeks ago. Morrison tells [EOnline.com](#) that fatherhood has been "something I have been ready for" and such a "beautiful transformation in my life." Congratulations to these new celebrity parents!

This celebrity parent couldn't be happier with the transformation in his life! What are some ways your relationship must change when you become parents?

Cupid's Advice:

Welcoming a new bundle of joy is sure to bring lots of change to your routines and overall way of life. Without a doubt, your relationship will have to adjust accordingly. Cupid has some tips to consider:

1. Prioritize, prioritize, prioritize: It'll probably feel like you have less time for you and your partner to spend time together. That's normal – your new baby comes first!

Related Link: [Matthew Morrison Shares Wedding Photo With New Wife Renee Puente](#)

2. Be there for backup: With two parents taking care of one child, it may sometimes feel like one person is pulling more weight than the other. Make sure you are self-aware and there for your partner when they need a little respite. Remaining strong together is key

Related Link: ['Glee' Star Matthew Morrison and Girlfriend Dress as Britney and JT for Halloween](#)

3. Compliment each other: Moral support is so necessary as first-time parents. If you see something you admire about your partner's parenting style, tell them! It'll give them a wonderful confidence boost.

Do you have other relationship tips for new parents? Do tell us in the comments below!