

Relationship Advice: Supporting the Caregiver



By Dr. Jane Greer

Dealing with an illness or injury is stressful and overwhelming, and that is even more true during a global pandemic. When it happens, family members and friends rally around the person who is sick, and the focus is on them as they deal with doctors, getting a diagnosis, managing symptoms, and so much more. While that is happening, their partner often becomes a hands-on caregiver, arranging appointments, transportation, in-home care, and dealing with all sorts of other logistics. Their strength and stamina can be instrumental in helping their loved one get through the difficult time. Katharine Heigl, the star of *Firefly Lane*, recently revealed her husband Josh Kelley helped her get

through a health crisis. “First trip since the start of the pandemic is back to L.A. to deal with a herniated disk in my neck,” Heigl captioned with an Instagram video of Kelley singing along with the coffee maker in their hotel room. “Thank God for @joshbkelley for not only coming with me to hold my hand but for providing me with some very much needed comedic relief!” And while caring for the person who is unwell is so important, the thing that can fall through the cracks is the impact all of this has on the partner who has stepped into that helping role. Illness can hit hard, not just for the one who is sick but also for the one who is going through it with them. Since they don’t want to be a burden and possibly add more stress to their loved one who is healing, they may be reluctant to voice their worry and unhappiness, as well as the strain they are experiencing, and may even think they shouldn’t.

If you find yourself in this position, what can you do to make sure you are getting what you need so you don’t burn out and can continue to be there for the person who relies on you?

When you are dealing with illness and recovery in your family, the uncertainty and anxiety you feel can totally drain you, as can the intense demands that are being put on you. Your ailing partner is likely not themselves, so your own support system is no longer in place and you probably miss them. You’re likely to be very concerned about when and if they will return to what they once were. When this happens, it is normal to feel unsupported, angry, overwhelmed, frightened, overloaded, and even alone, all of which can make you experience guilt for

having these feelings since the person you love is suffering. They can get even worse if your partner becomes demanding, takes you for granted, or are unpleasant to be around because of the pain or discomfort they are dealing with. Also, their fear about the future can put even more of a damper on the household. You may begin to resent having to carry the lion's share of the daily household work in addition to everything else you are handling, and then think you are not being a good enough partner because if you are the healthy one, you may feel you have no right to complain.

With all of this in mind, it is important to take stock of how depleted you are. While you are serving as the emotional and physical pillar in your home at the moment, you, too, need someone to lean on. Consider finding someone who can give you the emotional support you require without feeling it is taking away from your partner's needs. In other words, your partner's family members may not be the best people to look toward. Instead, think about a friend, a neighbor, a colleague at work who is removed enough from the situation that you won't feel terrible if you share with them the occasional thought that your loved one is driving you crazy, or a therapist. Being able to say it out loud can be very helpful, because otherwise you will bottle it up and it can just get worse. Having an individual in your corner who can listen and understand how hard this is for you, too, will allow you to recharge your battery so you can be there for your partner. Along those lines, if you are aware of a friend or family member who is in the role of caring for an ill loved one, consider reaching out and offering your empathy and a shoulder to lean on – it will go a long way.

It sounds like Katharine and Josh are getting through their crisis together. Humor seems to be one of the ingredients Josh is using to support Katharine, and hopefully he, too, is getting the assistance he needs so he can continue to be there for his wife.

Please tune in to the Doctor on Call radio hour on HealthyLife.net the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).

Celebrity News: Katherine Heigl Gushes Over Marriage and Kids





By [Noelle Downey](#)

It's official! Katherine Heigl absolutely loves her family life. Recently in [celebrity news](#), Heigl gushed to [EOnline.com](#) on the red carpet of her movie premiere about her love for her three children and the secret to her long-lasting and incredibly happy [celebrity relationship](#) with her husband. "I think honestly, that we just are really good friends," Heigl confessed about her longtime love, Josh Kelley, "We're sort of best friends, we get along really well, we have a really good time together. We have our moments, like any couple, so we just sort of cling to that friendship when stuff gets hard." Kelley and Heigl have been married for nearly ten years and have three children, Naleigh, Adalaide and Joshua, and the [celebrity mom](#) joked that she's all in for more. "I'm kind of like, 'Let's have four or five' and Josh is tapping out," Heigl confessed, adding that whether or not there are more [celebrity babies](#) on the horizon for her and her hubby, her daughters are adjusting incredibly well to new family addition, four-month-old Joshua. "They're fawning all over him," Heigl admitted with a huge smile.

This celebrity news has us very happy for Katherine Heigl! What are some secrets to a long-lasting relationship?

Cupid's Advice:

Heigl and Kelley seem to have figured out the set of secrets that help them build a blissfully happy marriage. Here are Cupid's top tips on how to have a relationship as happy as this [celebrity couple's](#):

1. Build a strong friendship: Just as Heigl says that she and Kelley are "best friends," it's important for you to feel the same way about your romantic partner. Building a firm friendship is a necessary and strong foundation for any romantic relationship, and knowing that someone always has your back is vital in any long-term partnership. Romance is important and intimacy is a must, but friendship adds a warm glow and allows love to flourish even in times of hardship.

Related Link: [Katherine Heigl & Josh Kelley Move to Utah](#)

2. Prioritize your relationship: The best couples are those that make time for each other even in the busiest seasons of their lives. If you're constantly pushing quality time with your significant other or spouse to the bottom of your priorities list, it's time to take a good hard look at how much you're contributing to this relationship's success. With work, kids and other time commitments, making time isn't always easy, but it's necessary in order to make sure your relationship is still healthy and strong years after you first fall in love.

Related Link: [Celebrity Interview: Katherine Heigl Says](#)

[“Family Comes First”](#)

3. Be honest about your needs: Even in the best relationship, it's likely that you will go through rough patches if you stay together long-term. If you're feeling as though your partner isn't truly meeting your needs the way you want them to, be open with them about it. Make time for an honest, calm discussion, and prepare yourself to listen and be receptive if they have concerns for you as well.

These celebrity parents are clearly knocking it out of the park when it comes to caring for each other and their family. What are some of your tips for making sure your relationship stays strong through any kind of weather? Let us know in the comments!

Celebrity Families: Stars Who Have Adopted Children







Angelina Jolie and Brad Pitt with son Maddox

The Jolie-Pitt's are perhaps the best known family in Hollywood when it comes to adoptions! Three of their celebrity kids -- Maddox, Zahara, and Pax -- were adopted from Cambodia, Ethiopia, and Vietnam respectively. They also have three biological children: Shiloh, Knox, and Vivienne. Photo: Andrew Evans / PR Photos

Relationship Movie 'Home

Sweet Hell' Features Katherine Heigl as a Killer Wife



HOMESWEETHELL



Home Sweet Hell. Photo: Vertical Entertainment

By [Courtney Omernick](#)

In the new relationship movie *Home Sweet Hell*, which releases on March 13th, Don Champagne (Patrick Wilson) has a successful business, a perfect wife, perfect kids, and a perfect house. But, when Don's wife, Mona (Katherine Heigl), learns of his affair, his "perfect wife" decides to stop at nothing, including murder, to maintain their "perfect" life.

Should you see it:

If you're getting bored of the standard "chick flick" but enjoy relationship movies with a twist, then you'll love *Home Sweet Hell*! The film is jam packed with comedy, suspense, and crazy.

Who to take:

This film would be great to see with your friends, family members, or significant other.

How can you have the perfect life with your significant other?

Cupid's Advice:

No matter how hard we try to be perfect, relationships and love are filled with flaws. But, fortunately, if you work hard enough at your relationship, you can create a near perfect environment with your partner that is filled with trust and understanding. However, you need to commit to building your relationship every day so that it can stand the test of time. How does one hit the ground running? Find out below!

1. Be yourself from the beginning: If you begin the relationship by trying to be a Stepford wife, what's going to happen when you crack under the pressure? To ensure success, be yourself from day one. This way, your significant other will have proven that you deserve to be loved just the way you are.

Related: [Expert Dating Advice: How to Straddle the Line Between Proactive and Pushy](#)

2. Have a sense of humor: Life is going to be full of ups and downs. However, if you both are able to see the humor in the difficult situations that you go through as a couple, it'll make the hard times not seem so bad after all.

Related: [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

3. Give each other the benefit of any doubts: You've already built your relationship on trust. So, don't assume that your partner is doing something to irritate you. Maybe, they don't know that what they're doing is bothering you. Communicate to your partner what is bothering you without assuming the worst of them. Once it's out in the open, make adjustments.

How is your life with your significant other perfect? Comment below!

Celebrity Interview: Katherine Heigl Says “Family Comes First”



By Shannon Seibert

Katherine Heigl has become the ultimate celebrity mom since adopting her two beautiful daughters, Naleigh, 5, and Adalaide, 2. This September, the actress graces the cover of *Good Housekeeping* and opens up about living in Utah with her husband Josh Kelley and their kids. Heigl recently opened up to Celebrity Baby Scoop in a celebrity interview about her experiences with each of her daughters and the pleasures of

being a mother.

Katherine Heigl on Being a Celebrity Mom

Related Link: [Alicia Keys Is Pregnant With Second Child](#)

What was it like starring on *Grey's Anatomy* after adopting Naleigh in 2009?

KH: "I would come home angry and frustrated that I'd missed everything with my kid that day. I didn't get to wake her up from her nap or do bath time or bedtime. I'd have to sneak into her room and kiss her when she was sleeping, hoping not to wake her up. I felt like my priorities were messed up. I was putting so much time and energy into just my work, but I was raised [to believe] that family comes first."

How is living in Utah?

KH: "We had big dreams of expanding our family, moving to the mountains, and having a quieter life. Utah is spectacularly beautiful; the people are wonderful and kind; it's an easy commute from L.A. – and there's no traffic!"

Related Link: [Megan Fox: "It's So Hard To Be A Working Mom"](#)

How was your experience with adopting Adalaide from Louisiana in 2012?

KH: "We brought her home, and right away, Naleigh was like a little mommy. She'd say, 'No, no. You're not holding her right.' Or 'She needs to eat again.' I'd be like, 'Would you back off? Just give me a minute!' Naleigh would go off to her ballet classes and other stuff, and I would sit with the baby at home. I would read, and she would lie on my chest, and we'd lie on the couch with, like, four dogs and watch *Friday Night Lights*."

For the rest of the celebrity interview, visit www.celebritybabyscoop.com/2014/08/06/katherine-believe-family/

Celebrity Couples Who Love Fourth of July



By Shannon Seibert

Tis the season to take pride in your homeland and rock the colors of vigilance, perseverance and justice. It's also the day where we sport killer bikinis, chow on barbecue and watch amazing fireworks displays. The best part about the holiday,

though, is that it's a day in which our entire country takes pride in their homeland, especially our celebrities. We've pulled together the envy-worthy patriotic plans and traditions of these stars to hopefully inspire a little Independence Day tradition in your own household:

Jessica Simpson and Eric Johnson: Jessica Simpson and Eric Johnson will have two reasons to celebrate this weekend. After being engaged since 2010, the couple has chosen to wed on July 4th. This all-American occasion will definitely be a party worth remembering.

Idea for you: You may not have been married on the Fourth, but that doesn't mean you can't celebrate your love. Have an intimate anniversary party underneath the fireworks with your love. Get silly and stuff American flag cake in each other's faces, wedding style.

Beyonce and Jay Z: Queen B has always been a fan of the holidays. With Blue Ivy around B and Jay Z are bound to have some Fourth of July fun. Last year the singer struck a pose against a vintage car in flag-print denim shorts. Looking forward to this year's photoshoot B!

Idea for you: Have your own star-studded photoshoot! Together with your love dress up in all of the patriotic attire you can find. Then take your man around town and find your most historical sites. Snap some selfies together, or strike your best model poses.

Related: [How to Celebrate the Fourth of July With Your Guy](#)

Eddie Cibrian and LeAnn Rimes: Last year the couple attended Rimes' Fourth of July performance with Cibrian's two sons. The family of four gathered around for a quick photo of them decked out in holiday attire. Rimes had tweeted about how happy she was to spend time with her man and the boys.

Idea for you: Nothing says 'America' like a good 'ole country concert. This time of year, tours are in full swing. Hop on Ticketmaster with your man and surf the web for some neat Independence Day deals on your favorites, such as Miranda Lambert.

Selena Gomez and Justin Bieber: The past year has been plenty rocky for Jelena, but this time last year the couple was in full-swing of celebration. Gracing Instagram with an adorable selfie, the pair sent fans screaming about their Fourth of July return.

Idea for you: Connect with old friends while celebrating your freedom. The Fourth is a great day to reach out to your "neighbors" under law and check in to see how they are doing.

Related: [How to Celebrate a Fourth of July Themed Wedding in Style](#)

Josh Kelly and Katherine Heigl: The Kelley family spent July 4th of 2013 poolside at their home in Utah, making a splash in the holiday's festivities. The former *Grey's Anatomy* actress posted adorable photos of her two daughters and her hubby on Twitter, wishing the nation a happy birthday.

Idea for you: Host a pool party with your family- friends. Have a potluck and ask your guests to bring an item along to share. This way there will be plenty of food and fun to go around.

Kim Kardashian and Kanye West: The Kardashian family has never disappointed on the subject of partying. This year there are rumors of a Kardashian family get-together which will include all of the usual prospects. The Wests will be celebrating their daughter North's second Independence Day this year.

Idea for you: Take the day to just be with the family. Set up a barbecue buffet for you and your man's closest family members. This way you can see whether your Uncle Joe's

fireworks outshine Grandpa Jim's this year while spending time with your loved ones.

How are you celebrating Independence Day? Share with us in the comments below!

5 Celebrity Couples That Adopted



By Louisa Gonzales

Lately, Hollywood has been flooded with celebrity baby news and baby bumps! However, many celebrities have chosen adoption

over having a biological child. Here are five [celebrity couples](#) who recently adopted:

Celebrity Baby Adoptions

1. [Angelina Jolie](#) and Brad Pitt: It wouldn't be right if we didn't put these two at the top of our list. They met back in 2005 while filming *Mr. & Mrs. Smith*. Soon after, they began their celebrity relationship and now have six children together, three of whom are adopted. Jolie adopted her first child, Maddox Chivan Thornton Jolie, a Cambodian infant born on August 5, 2001, with her then-husband, Billy Bob Thornton. The actress adopted her second child, Zahara Marley Jolie, who was born in Africa on January 8, 2005, without Pitt. However, Pitt later adopted both kids. The famous couple adopted Pax Thien from Vietnam on March 15, 2007. Initially, Jolie filed alone because of the country's regulations, but Pitt adopted Pax when they went back home. Pitt and Jolie's first biological child, Shiloh Nouvel Jolie-Pitt, was born in 2007, and twins Knox Léon Jolie-Pitt and Vivienne Marcheline Jolie-Pitt were born in 2008.

Related Link: [Brad Pitt and Angelina Jolie Enjoy Weekend Getaway Without Kids](#)

Even If A Celebrity Couple Goes Through A Divorce, A Family Can Still Be Maintained

2. Tom Cruise and Nicole Kidman: Back when these two A-List actors were a famous couple, they adopted two children: daughter Isabella Jane, born in 1992, and son Connor Anthony, born in 1995. The pair first hooked up in 1990 on the set of *Days of Thunder* and married later that same year in Colorado. However, this Hollywood relationship came to an end

when they announced their separation in February 2001 after Cruise filed for a celebrity divorce. Both Cruise and Kidman share custody of the two children.

3. Katherine Heigl and Josh Kelley: The former *Grey's Anatomy* actress and musician are no strangers to adoption. The pair married back in 2007 in Utah and have two adopted daughters. This celebrity couple adopted their oldest daughter Nancy Leigh (nicknamed Naleigh) from South Korea in 2009. They expanded their family in 2012 when they adopted their now three-year-old daughter Adelaide, who was born in Louisiana.

Related Link: [Katherine Heigl and Josh Kelley Step Out with Newly Adopted Daughter](#)

4. [Hugh Jackman](#) and Deborra-Lee Furness: The *Wolverine* actor and his wife married back in 1996 in Toorak, Victoria, a suburb of Melbourne. The pair adopted two kids: Oscar Maximillian, born May 15, 2000, and Ava Eliot, born July 10, 2005. The Aussie actor and actress decided to adopt after they were unable to conceive naturally and through IVF. Jackman and Furness continue to advocate for adoption while raising their two children.

What other famous couples have adopted? Comment below!

Will Arnett and Katherine Heigl Talk About Their Children and New Animated

Film



By Maria Darbenzio

Will Arnett and Katherine Heigl walked the red carpet joyfully on January 11th at the Los Angeles premiere of their new animated comedy, *The Nut Job*. This family movie follows the story of an independent squirrel named Surly, who is banished from his park and forced to live a city life. Celebrity Baby Scoop had a chance to catch up with Arnett and Heigl to discuss the movie as well as their children. Arnett is the father of two sons, Archibald William Emerson and Abel James. Heigl is the mother of two adopted daughters, Nancy Leigh and Adalaide Marie Hope.

Tell us about work life balance. Is there such a thing when you're a parent who works?

Will: “Anyone who’s a parent knows that it is a balance and that you’re always trying to find a way; I try to reverse engineer it, to look at what my family demands are and what my kids need and then kind of work backwards from there, and then retro fit everything into it. I feel very blessed when you get to work on something like this that doesn’t take you away from the kids. Anything that takes me away from my kids, I dislike.”

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

Did having kids impact your decision to take this role and how you played your character?

Katherine: “I just really wanted to do something that I could show my kids, that we could watch together. We watch movies every night, so hopefully, we won’t have to watch this one over and over again.”

Will: “Yeah, it did for me. I also watch a lot of these animated films, and I’m a huge fan of a lot of it. There’s a lot of really good stuff out there, and it is important to me at this stage in my life to do stuff that I can share and enjoy with my kids and that they can watch. That’s much more important, and now that’s what I kind of want to do.”

Related Link: [Will Arnett and Katie Lee Dating, Kiss and Hold Hands at Dinner](#)

Are there any animated films you remember as favorites from when you were growing up?

Katherine: “*The Little Mermaid*. I have a 5 year old and a 1-½ year old. The little one is more of a tomboy, but the bigger one is obsessed with princesses – to the point of exhaustion.”

To read the rest of the interview, check out [celebritybabyscoop.com](#).

Celebrity Christmas Weddings



By [Whitney Johnson](#)

The holidays are said to be the most wonderful time of the year, so it's no surprise that so many couples – famous faces and everyday folks alike – choose to walk down the aisle around Christmas. Thanks to lightly falling snow, flickering fireplaces, and cozy color palettes, the wedding practically plans itself. Whether they embraced the cold crispness in the air or escaped the winter wonderland and headed somewhere warm, the celebrity couples below ensured that their holiday seasons were all the more magical because of their plans to say “I do.”

1. Cassandra Jean and Stephen Amell: The handsome star of The CW's hit show *Arrow* married the former *America's Next Top Model* contestant during a small sunset ceremony officiated by a close friend in the Caribbean on Christmas Day in 2012. The couple had a second wedding in New Orleans on May 26, 2013, and welcomed their daughter Mavi Alexandra Jean Amell, in October.

Related: [Stephen Amell Marries Cassandra Jean for the Second Time](#)

2. Katherine Heigl and Josh Kelley: These two lovebirds exchanged personally-written vows in Park City, Utah, on December 23, 2007. The wedding took place at the Stein Eriksen Lodge, and the tent was decorated with white flowers and white candles, both of which complimented the fresh snow. The actress was decked out in a custom-made Oscar de la Renta gown and walked down the aisle to an acoustic song written by her husband-to-be. Bringing in a bit of Christmas spirit, Heigl's bridesmaids wore red.

3. Danielle Deleasa and Kevin Jonas: The pop star made sure that his "Jersey Girl" had a wedding fit for a princess: The couple tied the knot at Oheksa Castle in Huntington, New York, on December 19, 2009. Jonas even gifted his bride, who wore a strapless tulle and Chantilly lace Vera Wang gown, with a pair of glass slippers on the big day. With the groom's brothers, Nick and Joe, serving as the best men and his father officiating the traditional ceremony, it was a family affair – one that most certainly extended into the holidays.

4. Crystal Harris and Hugh Hefner: A tumultuous courtship preempted this couple's big day: Harris began dating Hefner in January 2009 and initially broke off their engagement in June 2011 – only five days before she was set to walk down the aisle. Nearly a year later, the twosome reunited. They became re-engaged on December 1, 2012 and married in a small ceremony at the Playboy Mansion on New Year's Eve of that year. A

perfect way to end the holiday season and ring in the new year!

Related: [Hugh Hefner and Crystal Harris Tie the Knot on NYE](#)

5. Perrie Edwards and Zayn Malik: This musically-talented pair, who only got engaged in August, is hoping to say “I do” before Christmas of this year. The reason for the rushed wedding is quite practical: Edwards, a member of the British girl group Little Mix, is dreading being away from her fiancé when he departs for One Direction’s 2014 tour, and she’s hoping it’ll be easier if they’re hitched. Only time will tell if these plans come to fruition!

Cupid wants to know: Would you ever want a holiday wedding? Why or why not?

Star-Casted Romantic Comedy, ‘The Big Wedding’





By Meghan Fitzgerald

The Big Wedding has a vamped up cast, including Diane Keaton, Robert De Niro, Susan Sarandon, Robin Williams, Katherine Heigl, Amanda Seyfried and Topher Grace. This new romantic comedy directed by Justin Zackham is about a modern family attempting to remain sane for the weekend of Alejandro (Ben Barnes) and Missy O' Connor's (Amanda Seyfried) wedding. Don (Robert De Niro) and Ellie Griffin (Diane Keaton) are a long divorced couple who are playing "happy" for their adopted son's wedding. Alejandro's biological mother is also in attendance, after deciding to fly halfway around the world. Not only does she not approve of divorce, but she also doesn't know that Alejandro's foster parents are adopted. The Griffin family tries to keep their cool as they are bombarded with the past, present and future throughout the weekend.

Should you see it?: This movie will be one for the books. One that people will remember for years to come. With this cast, how could you not see it? With the soft hues of humor intertwined with an old and new story of love, you can not miss it. It has the dysfunctional family attempting to keep it

together, old romance, comedy, and a real story.

Who to take: All people who enjoy Rom-Com's should without a doubt see this movie. It has Katherine Heigl in it: Queen of Rom-Com city. *27 Dresses*, *The Ugly Truth*, *Life as We Know It*. The list goes on and on. Do you love the humor of Diane Keaton, Robert Williams, and Robert De Niro? Than you need to see this movie as soon as possible.

Related: [Hayden Panettiere and Wladimir Klitschko Engagement](#)

How do you avoid wedding chaos?

Cupid's Advice:

It seems that wedding chaos is inevitable if your family is the slightest bit dysfunctional. Any wedding malfunctions are common, even if it seems drastic and not normal. To keep the slight malfunctions from turning into complete chaos, you need a leader. A person to put everyone in line, to keep calm and organized. Cupid has some more advice on this:

1. Keep the bride calm: As much as men can say they have equal part involvement as the bride, they're wrong. Most women have been thinking about their wedding since they were young. They have been checking over the table arrangement, moisture of the cake, songs played at the reception....all since day 1. They know their wedding like the back of the hand, and if a slight problem occurs; the bride must remain calm.

2. Unwanted guests: At some wedding, unwanted guests may arise. Ex-husbands, old friends, abandoned family members; they all could pop in at any moment. With these unwanted guests showing up at your perfect wedding, chaos may loom. The best thing to do here is stay perfectly calm, and have a responsible and unbiased adult exit them out of the venue. No chaos if there are no unwanted guests.

Related: [Add a Little "Luck O the Irish" to Your Wedding Day](#)

3. Caterer/flowers: Check in with your caterer constantly days before your wedding. Make sure they have the right times, addresses, and menu. Chaos will emerge if there is no food at the wedding. The same thing goes along for flowers. It is necessary to keep in contact with your florist and be aware of what you ordered, how much you ordered, the colors, and anything else essential.

Have you ever been to a wedding resulting in chaos? Share your experience below.

Katherine Heigl and Josh Kelley Step Out with Newly Adopted Daughter





Katherine Heigl and Josh Kelley have finally stepped out with their newly adopted daughter. The couple brought their baby girl to a friend's house in Beverly Hills on Saturday, reports UsMagazine.com. The couple announced the adoption on April 25th, though they did not release the name of their new daughter or other details. Heigl and Kelley are already parents to Naleigh, who they adopted from South Korea in 2009. "Josh and I started talking about [adoption] before we were even engaged," said Heigl in February. "My sister Meg is Korean, and my parents adopted her three years before I was born. I wanted my own family to resemble the one I came from, so I always knew I wanted to adopt from Korea."

How do you introduce your new child to your friends and family?

Cupid's Advice:

Introducing your new children to friends and family is always an exciting task. Here are a few ideas:

1. Small get-together: Parties are much too overwhelming for children, and especially babies, to handle. Have a small get-

together instead so you can introduce your new child to friends and family in a calm, friendly setting.

2. Prepare your friends: With adopted children, it's important that your friends and family don't intimidate your new son or daughter. Talk to your friends before hand and tell them a bit about your child's situation.

3. Continued meetings: Most children will not remember a face that they've only seen once. If you want your friends and family to be a part of your child's life, make sure that they are frequent visitors. The sense of familiarity will be a comfort to your child.

How would you introduce a newly adopted child to your friends and family? Feel free to leave a comment below.

Katherine Heigl Falls For A Bad Boy in 'One For The Money'





Katherine Heigl is back in a romantic comedy with an edge: *One For The Money*. Based on Janet Evanovich's sixteen-book mystery series, Heigl plays Stephanie Plum, a newly divorced and unemployed New Jersey girl. Stephanie talks her cousin into giving her a job at his bail bonding company as a recovery agent to get gain some cash. Stephanie agrees to catch Joe Morelli (Jason O' Mara), a former cop, murder suspect and the [ex](#) who dumped her in high school. With no idea how to handle a gun and pay back on her mind, she begins to fall for Joe all over again.

How do you get over a bad boy?

Cupid's Advice:

Women love rebels, but sometimes they can be a bad idea. Here are some ways to get over your bad boy tendencies:

1. Personality: It's okay to like a guy who can hold his own, but it can be bad if he uses his strength against you. Look

for a nice guy with the positive qualities of a rebel.

2. Become a bad girl: Bad boys do what they want to do. You need to find your inner bad girl, and leave the relationship if you're not happy.

3. Illusion: Bad boys are all about portraying an image to the world. Once you see through the act, say goodbye to the false relationship, and find a real partner.

How have you gotten over a bad boy? Share your comments below.

Josh Duhamel Wants To Be a Dad!





In the romantic comedy *Life As We Know It*, Josh Duhamel plays a new dad, a role he says he'd love to have in real life. According to [People](#), Josh says that getting the chance to play a father is what "initially drew me to" the role. During the New York premiere at the Ziegfeld, he opened up even more saying, that he has "always had a real fondness for kids." In terms of his wife, he says, "She'll be a great mom ... She got to meet [costar Katherine Heigl's daughter] Naleigh on set. It was great." Maybe this is a hint of what's to come for him and Fergie in the very near future!

How do you know if your partner is parent material?

Cupid's Advice:

Not everyone is as eager to be a parent as Josh Duhamel. Cupid has some ideas on how to find out whether your partner will make a good dad one day:

1. Ask him: The best way to determine if your mate is father material is to talk to him about it. Or, try asking him general questions like how many children he wants and at what age. If he gives you an answer right away, he's probably

considered it before and is open to the idea. If he gets a little freaked out, well that should be a clear sign that he's not quite ready.

2. Watch and learn: See how he behaves around your other kids. If being around children comes natural to him he'll most likely make a good daddy to his own. If he seems uncomfortable or indifferent around youngsters, it may be something you should further explore.

3. Meet the parents: Find out if he gets along with his parents. If he's had a bad relationship with his mom or dad, he may need to work out some issues first before he can think about becoming a parent himself.

'Life As We Know It' Starring Katherine Heigl & Josh Duhamel





For a story about romance cropping up in the most unexpected places (with often hilarious results), check out the new comedy *Life As We Know It*. In the film, two single adults are forced to raise a baby together after their mutual friends die in an accident and leave their daughter in their friends' care. The situation is complicated even more by the fact that Holly (Katherine Heigl) and Eric (Josh Duhamel) don't exactly get along. But for the sake of Sophie, their new baby girl, they must learn to live together. In the end, after going through all the challenges that new parents face together, their relationship goes from outright hostility to mutual respect ... and eventually, maybe even love.

How can having a baby bring you together as a couple?

Cupid's Advice:

Raising a child is the hardest job in the world, and children often change relationships forever. Cupid has some insight on what to expect after bringing home a baby, and how to make sure the bond between you and your partner stays strong:

1. Take a break: The chaos that a new baby brings leaves little time to focus on your partner (or yourself, for that matter). Make sure to take a night off once in awhile to de-stress. It'll also help you realize that you couldn't do it without your mate.

2. Learn new things: Becoming a parent can bring out a whole new side of a person. You might learn that your partner is more caring and responsible than you'd ever imagined. Don't forget to tell him how much you appreciate his new soft side.

3. Grow stronger: Raising a child presents so many new challenges to a couple that it can't help but strengthen a relationship. Every time you feel so tired and stressed out that you want to give up, remember that you are in this together.

Release date: October 8, 2010

Katherine Heigl & Josh Duhamel Compare Past Dating Disasters





First dates are always hit or miss. At a promotional press conference for their upcoming romantic comedy, *Life As We Know It*, Katherine Heigl and Josh Duhamel, both married, reminisced about past dating disasters, according to [People](#). Whereas dating in general scared Duhamel, Heigl, married three years to singer Josh Kelley, spoke of an awkward date with a personal trainer. “He took me to Sizzler and gave me his head shot and asked me if I could get him in my agency,” recalled the actress. Although this was ultimately the deal breaker, she also went on to notice his shaved legs. We can only wonder if she stuck around long enough for dessert!

How can you tactfully escape a bad date?

Cupid’s Advice:

Not all love connections will a relationship make. While it can be frustrating to see a potential date go down the drain, it is also important to keep a positive attitude and wait until the night is over to dish your friends the outrageous details:

- 1. Play it cool:** Yes, he may be extremely rude to the

waitress, and yes, it was crazy he didn't open the door for you, but keep this in mind: it's a one-time deal. There's no rule that says the relationship has to continue. Try to sit through the dinner. Just make sure he's not planning on leaving you with the bill!

2. Something bad happened: If you have a feeling things may take a turn for the worse on your date, let a friend in on how you feel. Although it can be crass to take personal calls on your date, if it's going poorly, make an exception. Or, text your friend from the bathroom, and let her know it's time to pull the plug. The classic *Sex and the City*-inspired "something bad happened" will always get you out of a tight jam.

3. Do not pass go: If your date involves two parts, like dinner and a movie for example, leave at intermission. This will be exceptionally easy if you each drove separately. Tell him something has come up and you won't be able to make the movie after all. Then, speed back home to your sweats and a glass of wine. Hold all calls until the next day.

Katherine Heigl & Josh Kelley Move to Utah





As reported on [Us Weekly](#), Hollywood couple Katherine Heigl and Josh Kelley have left sunny L.A. in favor of the mountains of Utah. Heigl and Kelley married in Utah and are psyched to be moving there with their one-year-old daughter, Naleigh, who they adopted from Korea. The couple plans to spend their time between Nashville and Utah.

When couples have children, should they move out of the city in favor of a more suburban or rural area?

Cupid's Advice:

When it comes to married life, everyone seems to think of the picturesque house in the suburbs surrounded by a white picket fence. Though this has its benefits, it's not a requirement for a happy family:

1. More space: If your small apartment in the heart of the city has no room for a nursery, it may be a good idea to get a bigger place where space is more affordable. A larger living area can provide you with a smoother transition from married to family life.

2. Make an educated decision: For this move to work, both people must be on the same page. If one wants to make the move while the other does not, there will be problems. Spend a sufficient amount of the time talking, thinking, and doing research about it before taking out your next mortgage or signing a new lease.

3. There's no place like home: If you decide that it's better for you to stay where you are, that's also a great option. If you feel secure where you live, your family should, too.

Katherine Heigl Wants to Adopt Again





While attending London's red carpet premiere of her new movie, *Killers*, with Ashton Kutcher, Katherine Heigl was asked by a reporter if she and husband Josh Kelley want to add another baby to the family. [People](#) reported that Heigl responded, "I hope so," and she explained how hard it is to balance a career and motherhood. Heigl and Kelly already have an 18-month-old daughter Naleigh, who was adopted from South Korea last September. **What does it take to balance motherhood and a life?**

Cupid's Advice

Plan for everything!

1. Expect the unexpected: One of the first rules of parenting is that the unexpected happens more often than not, so you must be willing to work outside the box in order to maintain any semblance of normalcy.

2. Be flexible: You want to go out to dinner with your spouse, but your child has a class project due tomorrow and you promised to help. What do you do? Assist with the project and reschedule the date. If you are going to add to this family dynamic, you need to be able to split up your time

effectively between the kids, your partner, and your own life.

3. Make time for yourself: You've just added another child to your family, and there seems to be no time for anything but work, kids, partner, sleep. If you continue on that path, you will eventually crash. Set some time each week for yourself. Whether it's a day at the salon, hanging out with friends, or going to a concert, take a breather. You need vegging out time, too.