

# Celebrity Baby: Ali Fedotowsky Says She Could Go Into Labor During Family Wedding



By [Jessica](#)

[Gomez](#)

In [celebrity baby news](#), Ali Fedotowsky is nervous about the possibility of going into labor at her brother-in-law's wedding, according to [Usweekly.com](#). "My doctor keeps telling me that there's a chance because Molly was eight days early and with your second baby you tend to be even earlier than the first one. So she's like, 'Look, be prepared for that water to break. There's a chance that could happen,'" Fedotowsky said. The Bachelorette alumni is currently expecting her second child in May with her hubby Kevin Manno. The [celebrity couple](#) are planning their [celebrity wedding](#), which will be Fedotowsky's second time walking down the aisle.

# Even celebrity babies don't always enter the world in a convenient manner. What are some ways to plan for your child's entrance to the world? Cupid has some baby advice:

## Cupid's Advice:

When nature says it's time, it's time and there's no fighting it. We can never be fully prepared to become a parent, but there are steps to take and to-do lists to complete that will make your life that much easier when your baby decides it's time. Read Cupid's [parenting tips](#) below:

**1. Create a birth plan:** Some people want to do a home birth, while others want to give birth in a hospital, some want a natural birth, some don't. Talk to your doctor about the best birth plan for you. It's good to have a plan and know what to expect.

**Related Link:** [Did Khloe Kardashian Just Accidentally Confirm Her Pregnancy?](#)

**2. Get the nursery ready at least two months before the due date:** You need to give yourself more than enough time to prepare before the baby arrives. And you want to take your time creating a great space for your little one. Look at ideas online, get inspired. Don't do things last minute and stress out; do things early and save yourself the hassle. You'll have time to change things if necessary.

**Related Link:** [Dwayne 'The Rock' Johnson & Girlfriend Lauren Hashian Expecting Second Child](#)

**3. Do your baby shopping:** Have your baby shower and shop for the rest. This is a very exciting moment because well,

shopping is great, but you're stocking up on all baby necessities. Once you're home putting away all of the baby goods you'll have this feeling of accomplishment and a wave of ease because you are prepared.

What are some steps you took before your due date? Comment below!

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## Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom



Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).  
It's no secret that, when it comes to being a new mother,

things can get pretty hectic. This sentiment certainly rings true for [celebrity mom](#) and former star of [The Bachelorette](#), [Ali Fedotowsky](#). She recently chatted with CupidsPulse.com about her best survival tips for maintaining work-life balance, how to find time for fitness, and her exciting partnership with healthy snack company, goodnessKNOWS. Plus, she dishes on all things *Bachelorette* and Rachel Lindsay's search for love so far!

## Celebrity Mom Ali Fedotowsky on How She Stays Fit

There's no doubt about it: Fedotowsky is busy! With her recent March wedding and her daughter Molly's first birthday coming up in early July (they're celebrating with a unicorn-themed backyard barbecue!), her life is filled to the brim with the happiest kind of chaos. So how does this reality TV star manage to do it all while also keeping herself sane? "For me, it's about taking little steps to take care of myself," she shares in our celebrity interview. "For example, if I need some time to myself, I tell Kevin. I have an amazing husband who always tells me to go do what I need to do."

**Related Link:** [Celebrity Baby: Ali Fedotowsky Says She's Ready to Be Pregnant Again](#)

Even when she's not dishing about the latest styles on her thriving lifestyle blog or spending time with her sweet family, Fedotowsky doesn't let herself slack off. Since she became a new mom last year, she has committed herself to staying fit. "Sometimes, I'll do the tree pose while holding my daughter," she admits with a laugh.

She enthuses about her newfound love of yoga in more detail, saying, "Yoga is the best. Yoga is the only thing I do – I'm not a gym person at all. I love how I can do it at home. I

love the convenience of it and how it shapes my muscles in ways other workouts don't." Seems that this familiar and fun form of exercise is the perfect mix of convenience and challenging for this busy celebrity mom!

## **Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview**

Of course, it takes a lot of energy to stay fit and take care of your body. Fedotowsky swears that she has the secret weapon for keeping your energy up: goodnessKNOWS snack squares. The snacks, which combine essential vitamins with a delicious crunchy texture and great taste, are her lifesaver when it comes to eating healthy. "My girlfriends and I are all very conscious of what we put into our bodies," she reveals, "so we can have a little bit of wine and be naughty but also have the cranberry almond dark chocolate goodnessKNOWS snack squares. They're only 150 calories for all four!"

In fact, the celebrity mom was so thrilled with goodnessKNOWS and their healthy snacking initiative that she recently took things a step further and partnered with them on a new project for National Yoga Day. "We did a Facebook Live stream. It's all about yoga and how you can do it at home and how good it can make you feel," she explains in our celebrity interview. She hopes to show other new moms that they don't have to be any kind of fitness guru to live their healthiest lives.

**Related Link:** ['Bachelorette' Alum Ali Fedotowsky Gives Birth to Celebrity Baby Girl](#)

# Ali Fedotowsky Dishes On the Newest Season of *The Bachelorette*

Every busy mama needs a break, and Fedotowsky is no exception. Just like so many of us, during her free time, she has been keeping up with the current season of *The Bachelorette*. “I love this season and Rachel,” she enthuses. “I think she’s poised, fun, articulate, beautiful – everything a *Bachelorette* should be!”

Of Lindsay’s reality TV journey so far, Fedotowsky adds, “There are some guys who keep sneaking through the cracks. Like Lee is still there – that’s a questionable decision.” Ultimately, though, the lifestyle blogger believes that Lindsay is destined for love: “Rachel’s not stupid. She knows what she’s doing. I think she’s doing an incredible job opening up her heart!”

To keep up with Ali, check out her lifestyle blog [Ali Luvs](#).

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**Celebrity Baby: Ali Fedotowsky Says She’s Ready to Be Pregnant Again**





By [Melissa Lee](#)

Former *Bachelorette* contestant [Ali Fedotowsky](#) recently spilled to [UsMagazine.com](#) that she and husband Kevin Manno are ready for [celebrity baby](#) number two! The [celebrity couple](#) tied the knot back in March, but are already parents to their one-year-old daughter, Molly. “I wouldn’t mind if I was pregnant right now,” Fedotowsky says. “We want another baby, and we want them to be close.”

## There may be another celebrity baby on the way soon! What are some ways to know you’re ready for a second child?

### Cupid’s Advice:

This celebrity couple is already preparing for their second child. Sometimes it can be tough deciding when you and your partner would like to bring another child into the world, but Cupid has some advice:

- 1. Things are under control:** Already having one baby in the house can be chaotic, so making sure you and your significant other are managing is super important. If the two of you feel

that you are handling the stress with ease, then it may be time to prepare for a second child.

**Related Link:** [Relationship Advice: 5 Ways Therapy Can Help Your Relationship](#)

**2. Look at your financial situation:** What's more expensive than having one child? Having two children! Make sure you two are in a decent financial situation where you will be able to care for your entire family. If this is not the case, there's a possibility that it may not be the right time for another baby.

**Related Link:** [5 Most Romantic Celebrity Couples](#)

**3. Reflect on your relationship:** Will a second child bring your relationship happiness, or will it stress you two out even more? Babies can put a strain on relationships since there's so much going on, so if you and your partner are already experiencing troubles, maybe you should work on that before deciding to have another child.

**What are some ways you know you and your partner are ready for a second child? Leave your thoughts below.**

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# 'Bachelorette' Alum Ali Fedotowsky Gives Birth to Celebrity Baby Girl







By [Cortney](#)

[Moore](#)

In exciting baby-related [celebrity news](#), season 6 *Bachelorette*, Ali Fedotowsky, and her longtime boyfriend Kevin Manno, welcomed their first [celebrity baby](#)! The [celebrity couple](#) confirmed their daughter's birth with [UsMagazine.com](#), who also reports the couple named their firstborn Molly Sullivan Manno. Fedotowsky went on to explain the meaning behind her daughter's name with *Us*, "Molly Sullivan is named after two very important women in our lives. My late grandmother, Molly Fedotowsky, and Kevin's late grandmother, Eva Sullivan, will both live on in our little girl." Surely this celebrity baby will be loved dearly!

**This celebrity baby's name has a lot of meaning! What are some ways to honor your family members with your baby's name?**

**Cupid's Advice:**

Choosing your baby's name is absolutely crucial, your baby will have to live with the name you choose for the rest of

their life after all! If you have a family member that you may want to honor, naming your child after them might be a good option. Let Cupid help you decide on how to honor your family members with your baby's name:

**1. Right in the middle:** You can always use a family member's name as your baby's middle name. This will allow you freedom to name your baby what you want and honor your family at the same time.

**Related Link:** [Celebrity Baby News: Louis Tomlinson Files for Shared Custody of Infant Son](#)

**2. Use a name blender:** If you're on the creative side, you can customize your baby's name by blending different names together. You can honor multiple family members this way and also give your baby a unique name!

**Related Link:** ['Dancing With the Stars' Celebrity Couple Maksim Chmerkovskiy & Peta Murgatroyd Are Expecting](#)

**3. Get inspired:** You also don't have to be too literal with your naming. You can still honor a family member by using their name as inspiration instead of re-using the same name. For example, you can name your baby Thea instead of Thelma.

**Have you ever named your baby after a family member? Share your stories in the comments below!**

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## **Celebrity Photo Gallery: From 'The Bachelor' to Babies**



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Jillian Harris

In March 2016, the former 'Bachelorette' and HGTV host broke her celebrity baby news when she posted a photo of her baby

bump next to smiling boyfriend Justin Pasutto with the exclamatory headline, “WE ARE PREGNANT!!!” Photo courtesy of Instagram.

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# Ali Fedotowsky Tells Us How to “Attract More Love and Happiness” Into Our Lives



Mattern

By Kristin

Ali Fedotowsky is no stranger to ABC's *The Bachelor* and *The Bachelorette*. She was a contestant vying for Jake Pavelka's affection in season 14 of *The Bachelor* and later starred on season 6 of *The Bachelorette*. Well-versed in love, relationships and reality television, Fedotowsky is now putting her dating and media expertise to work on a new blog

for *E!* about the popular dating competition show. Additionally, she has continued her foray into the world of the small screen as the host of *1st Look*, the Emmy Award-winning travel show from NBC. In an exclusive interview, this adorable TV personality opens up about the current season of *The Bachelorette*, moving on after heartbreak and her happy relationship with Kevin Manno, host of *Abby's Ultimate Dance Competition*.

The bubbly blonde has a unique point of view to share with readers of her *E!* blog. "I kind of feel like my time as the bachelorette was a lifetime ago, so I don't have any emotional connection to the show," she explains, "but I do enjoy watching with my girlfriends. And I definitely have a different perspective on what it's like for Desiree. I know firsthand that it's not easy!" Fedotowsky remembers her time on the reality series as one of the most stressful and emotional times of her life but says that being a contestant on *The Bachelor* was "just fun!" She enjoyed her time hanging out with the girls and talking about boys. The big life lesson she learned from her experience on the shows is to be honest with yourself: "I don't think it changed the way I date. It just made me trust my instincts more."

**Related Link:** [Bachelorette 9, Episode 7: Confession in Madeira](#)

Given their similar circumstances, Fedotowsky has become friends with the current bachelorette, Desiree Hartsock. The two hit it off while filming a special that will air during tonight's *Men Tell All* episode. "Desiree is as sweet and down to earth in person as she is on the show. I really have nothing but wonderful things to say about her," the television personality remarks. Wondering if they shared secrets about the end of this season? "When we hung out, I told her to please *not* tell me anything. I didn't want her to think I would try to pressure her for those details. I'm there as a friend, not to interrogate her!" However, Fedotowsky did tell

us that she is rooting for Chris but that she “will be happy with whoever she [Desiree] picks because she’s happy! She’ll pick the guy she falls for; that’s not for me to judge.”

Fedotowsky is no stranger to love and heartbreak. She was lucky enough to find her happy ending on *The Bachelorette* with Roberto Martnez, but the couple called it quits after an 18-month engagement. When it comes to moving forward after a broken heart, she suggests staying as busy possible. With this thought in mind, she’s thankful for her role as host of the travel show *1st Look*. “It was good timing for me since I was in a transitional period of my life.” Of course, this adventure-filled opportunity doesn’t come along for everyone. “Volunteer,” she advises. “I’ve done that in the past, and it not only keeps you busy but makes you feel good.”

**Related Link:** [Lessons from Justin and Selena: Should You Get Back with Your Ex?](#)

It’s no secret that the Los Angeles native has jumped back into the dating scene. She confirmed her relationship with Manno in April, and the pair was recently spotted celebrating his 30th birthday in Nuevo Vallarta, Mexico. When they’re not soaking up the sun south of the border, the twosome enjoys playing “darts or any sort of game, like Bingo or bowling.”

And for those of you just dipping your toes into the water after a split, the starlet shares this sage wisdom: “Get out there and do what makes you happy! I really feel that, when you show everyone that you love and respect yourself, you attract more [love](#) and happiness into your life.”

*Be sure to tune in for tonight’s Men Tell All episode on ABC at 8/7 pm c. To learn more about Fedotowsky, you can connect with her on [facebook.com/MissAliElaine](https://www.facebook.com/MissAliElaine) or Twitter [@AliFedotowsky](https://twitter.com/AliFedotowsky). You can also check out her blog for E! and her travel show, *1st Look*.*

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# Celebrity Couple: Ali Fedotowsky Is Dating Kevin Manno



By Meghan

Fitzgerald

According to [People](#), former *Bachelorette* star Ali Fedotowsky is in a new relationship with the host of *Abby's Ultimate Dance Competition*, Kevin Manno. The blonde bombshell split with ex-fiance Roberto Martinez in November 2011, but is now in bliss with Manno. [UsMagazine](#) reports that the couple hit things off right away when they met in Chicago.

**How do you know when it's time to move on from a past relationship?**

## **Cupid's Advice:**

Knowing when to move on from a past relationship is a complicated and confusing process to work through. You may still have feelings for your ex, you may be lonely, or you may want them back. Whatever the circumstance, there comes a time when you need to move on with your life. Here are some tips:

**1. New relationship:** It is essential to move on from a past relationship if you are currently in a new relationship. Thinking, or obsessing over your ex, and ex-relationship is not in any sense healthy. Nor will it positively affect the relationship you're currently in. Drop your ex if you now have a different significant other by your side.

**2. Health:** If your health has declined because of your past relationship, it is necessary to move on. It is not beneficial to stick around with your past relationship if you are physically and emotionally suffering from it. So pick yourself up, and move on. Throw away their belongings, get rid of the haunting thoughts lingering in your mind, and create a better healthier life for yourself.

**3. Happiness:** Are you completely dissatisfied with your life because of your ex and your past relationship? Are you miserable inside? Do you constantly watch Netflix and have at least three gallons of ice cream in your freezer? You are unhappy. Move on from your relationship and focus on yourself. Get your life together, gather your thoughts, and focus on finding happiness.

**Have you known when it's time to move on from a past relationship? Share below.**