

Celebrity Baby: Lily Allen Reveals She Wants Kids With Husband David Harbour



By

Nicole Maher

In the latest [celebrity news](#), Lily Allen revealed that she may be discussing the possibility of having a [celebrity baby](#) with new husband David Harbour. According to *EOnline.com*, Allen and Harbour are open to having children together, but may hold off for a while because of Allen's struggles with mental health. The [celebrity couple](#) met on the dating app Raya in 2019 and were secretly married in September of this year.

In celebrity baby news, Lily Allen wants kids eventually with her new husband, but she may hold off for a little while since she's in a good place mentally. What are some ways mental health comes into play when deciding whether to have kids?

Cupid's Advice:

Having children leads to large changes in everyone's lives, but these changes can be especially challenging for those who struggle to maintain mental health. What mental health considerations should you make before having kids? Cupid has some advice:

1. Change in hormones: Pregnancy and childbirth are two events that cause large changes to a woman's hormones, which could also affect her mental health. If you are considering having children but are worried about the changes it will cause to your body because of your mental health, getting the advice of both a psychologist and an obstetrician can help you decide when the best time to try for a child may be.

Related Link: [Royal Celebrity News: Prince William Disagreed With the Palace's Misleading Comments about Meghan Markle's Labor and Birth](#)

2. Higher energy levels: Having and raising children requires large amounts of energy, which is something that may already be a struggle for someone with inconsistent mental health. While having a kid may allow for less rest days, there are many ways to structure your schedule that allow you to prioritize both raising your child and maintaining your

balance of energy. On days where your energy is lower, try relying more on your partner or a babysitter.

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3. Constant enthusiasm: Whether it's their first birthday, first steps, or first day of school, there is so much to celebrate as your child grows up. However, this constant need to have enthusiasm may be difficult for someone struggling to maintain good mental health. Waiting until you have more enthusiasm in your daily life to have a kid may be a good idea to prevent you from feeling like you're missing out on celebrating important milestones.

What are some other ways mental health comes into play when deciding whether to have kids? Start a conversation in the comments below.

Lily Allen Welcomes a Baby Girl





By

Michelle Danzig

English recording artist Lily Allen has announced the birth of her second daughter, according to [People](#). The singer and her husband, Sam Cooper, who kept the pregnancy under wraps for some time, introduced Marnie Rose Cooper, born on Tuesday, January 8. Allen and Cooper tied the knot back in June 2011 in Gloucestershire, England and have a 13-month-old daughter, Ethel Mary. After months of declining to confirm the pregnancy, 27-year-old Allen appeared in November on the red carpet during the British Fashion Awards radiant and pregnant. Allen Tweeted on New Year's Eve that she wanted to end her three-year streak of pregnancy and planned on spending only a few more days pregnant. She had been sampling curries in attempts to force labor. Allen thanked fans on Thursday for their overwhelming response and well-wishes about her pregnancy.

What are some ways to prepare for a newborn baby?

Cupid's Advice:

Visiting the baby store can be exciting, but when you find

yourself wander the aisles aimlessly, wondering what clothes to buy, you realize the preparing for a child can be stressful. It is more common than ever for pregnant mother's to find out the gender of their baby before he/she arrives. Although this makes the preparation process slightly easier, you may be wondering what would be the best choices. Here are some excellent ways to prepare for your newborn:

1. Somewhere to sleep: Having a safe place where the baby can sleep is extremely important. Whether you plan on a crib, a bassinet or co-sleeping, having the right supplies is important. Stock up on mattress pads, blankets and padding to protect your baby. Give it a feminine touch by choosing a bedding in pink or purple or designs with butterflies, flowers or ladybugs.

2. Plenty of changing supplies: Be sure to stock up on diapers—they run out quickly. It is important to remember that female babies are more susceptible to infection than male babies, so stock up on wipes, be sure to wipe properly, and use plenty of ointment. Diapers are sold in various colors and designs as well, so feel free to add a feminine touch as well.

3. Baby clothes: As a woman, dressing up your little baby girl can be extremely exciting and fun. In Lily Allen's case, she is expecting a second daughter only 13 months after the birth of her first. In scenarios like this, be sure to save your baby clothes. Infants grow quickly and their clothes do not. By keeping some clothes around as hand-me-downs, you will have some great, feminine items for your newborn while also saving some money.

How did you prepare for your baby girl? Share your thoughts below.

Lily Allen Welcomes a Baby Girl



British singer/songwriter Lily Allen gave birth to a baby girl on Friday, reports [RadarOnline](#). Allen first revealed her pregnancy in June, when she married painter/decorator Sam Cooper. Allen and Cooper previously suffered through two very public miscarriages.

How do you prepare for a baby girl versus a boy?

Cupid's Advice:

Preparing for a baby is difficult, but knowing the gender of your child can make it a lot easier. Here are a few tips to help you prepare for a baby girl:

1. Stay true to your taste: The upside in preparing for a girl is that you can always rely on your taste. Pick dolls and furniture that you or your sister would have liked as a child. Your daughter will most likely share your preferences.

2. Narrow your options: If you know you're having a girl, save time and money by only buying gender-specific items. For example, instead of buying several baby name books, buy only a few female-specific name books.

3. Be prepared for a surprise: Ultrasounds aren't always correct. Though unlikely, you could give birth to a boy instead. Be prepared for a surprise, and have a few gender-neutral items on back up.

How did you prepare for your baby girl? Feel free to leave a comment below.

Lily Allen Is Married and Pregnant





Lil

ly Allen has a lot of reasons to be happy. Last weekend she married boyfriend Sam Cooper and announced she's pregnant, reports [People](#). The 26-year-old singer walked down the aisle at St. James the Great Church in Gloucestershire, England, wearing a gown by French designer Delphine Manivet. The designer said the dress was made especially for Allen. "For me, and for her too, when you're pregnant you want to show that, but also be respectful, so the dress was perfect for her for that moment."

How do you make your wedding pregnant-friendly?

Cupid's Advice:

If you're pregnant and getting married, some of the details of your wedding might have to be changed. Cupid has some tips on how to adjust your wedding when you're expecting:

- 1. The dress:** Your wedding gown may have to be altered depending on how far along you are.
- 2. The drinks:** During the reception, when others are drinking, try having some orange juice or soda instead.

3. The party: Make sure not to over-exert yourself when you're pregnant. If you need a break or want to leave the party early, people will understand.

Any other tips on how to adjust a wedding for a pregnant bride? Share your comments below.