

Celebrity Baby News: Rachel Platten Gives Birth to First Child With Kevin Lazen



By [Mara Miller](#)

In the latest [celebrity baby](#) and [celebrity couple](#) news, Rachel Platten gave birth to her first child with Kevin Lazen on Saturday, January 26. Back in July, *UsMagazine.com* broke the news that Platten and Lazen were expecting their first little one. Platten later confirmed the news on Instagram. On the 30th, Platten posted a picture of herself and tiny Violet with the caption, "Introducing Violet Skye Lazen. Born delicious & cuddly on 1.26, early in the am. There is so much about this massive love that i want to share but don't yet know how to. I am sure the words will come soon. For now we are busy falling

deeeeely in love (and keeping our heads above water). Thank YOU all so much for your kindness and support and curiosity and gentleness as i fumbled my way through this crazy brutal amazing journey to get here to motherhood. Wow. I'm a mom. :))) Xoxo, rach" Best of luck to the new parents!

In celebrity baby news, Rachel Platten is a first-time mother. What are some ways to prepare your relationship for a first child?

Cupid's Advice:

Becoming new parents is an exciting and trying time. Here are a few things you can do to prepare your relationship for your first bundle of joy:

1. Talk about parenting philosophies: If your Mom raised you and your brothers by herself, but your spouse had a full family with both parents growing up, you both will look at parenting a bit differently. Having a conversation now about how you think you should raise your baby together will help negate any arguments down the road.

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2. Accept the reality: You're going to be parents. Accept this now, and realize there will be sleepless nights. Grandparents will try to intervene to help. Should you consider breast or bottle feeding? Are you going to co-sleep with the baby in your bedroom? You may even bicker about those things. Being prepared now for the lows as a new parent will make the highs even better.

Related Link: [Celebrity Baby: Carrie Underwood Welcomes Second](#)

[Son!](#)

3. Don't push romance aside: All the both of you are going to be able to talk about is the baby – how excited you are, your hopes and dreams, and your fears. A newborn in the home can make it easy to put aside your relationship, but don't let it happen. Spending as much time as you can together now, and later between feedings and nap time, will help ensure your relationship stays strong.

What are some other ways you can prepare your relationship for a first child? Share your thoughts below.

Date Idea: Bookworms





By Ann Luther and [Mara Miller](#)

This weekend, get lost in the romantic words of others and embrace the tender sentiments of the great writers with your great relationship and love. With this date idea, you and your partner can get out and explore your favorite authors, your city, and your passion for one another.

Enjoy Books About Love With This Literary Date Idea

Take a walk to your local bookstore with your beau, a stack of Post-it notes, and a pen. Write notes of love, encouragement, or dating advice until your hands cramp up. While you're writing, exchange ideas with each other – you might learn something new about your man's perspective on adoration. Then, hide these notes in your favorite books about love for a future reader to find later. You might even sneak into the teen section of the store and place them in books for the next generation of lovers.

While the pair of you are scanning the rows, try to find a romantic novel that neither of you has read yet. A few of the best so far in 2019 include: *Meet Cute* by Helena Hunting, *Verity* by Colleen Hoover, and *The Kiss Thief* by L.J. Shen. This will keep the date going long after the day is done. You might buy one copy and read it to each other, or you can buy two copies to read separately with the other person in mind. Whichever you choose, you'll have something new to talk about and share.

Related Link: [Date Idea: Plan A Walk Around Town](#)

Few things go better with reading than coffee. Delocator.net is a fabulously easy way to find independently owned and run businesses in your area. Once you've settled into your seats in an intimate coffee shop, pull out a book of sweet love poems. Grab your darling's hand and read those poems aloud. Your honey will love to hear all of those romantic notions straight from your lips! You can check this list of the top 10 love poem books before you go and choose a few that speak to you.

Related Link: [Date Idea: Write A Book](#)

If you'd prefer to stay in, you don't have to leave the comfort of your home for this date idea! You can make a pot of coffee or tea, and while it brews, hide love notes in every room for your partner to find. Then, the two of you can cuddle up on the couch with your mugs and poems and start the readings. It would be a perfect way to heat up a rainy day.

Sometimes, we get too afraid to let all of the emotion in the books we read to take over our own relationships and love. This weekend, let go of all apprehension and have fun with romance!

Have you ever been on a bookstore date? Share your stories below.

Date Idea: Plant Some Roots



By Ann Luther and [Mara Miller](#)

Spring has sprung! Flowers are blooming everywhere – and so are your feelings for your partner. Take advantage of this beautiful season with this weekend date idea. You can plant seeds in the ground *and* each other's hearts!

Plant a Garden for This Weekend Date Idea

Go for a drive with the windows down and hunt the neighborhood

for inspiration for your garden to follow this [relationship advice](#). You can check out the lawn of other residents, hanging baskets in front of local storefronts, and the wild vegetation peeking out everywhere you turn. You might even try going to a nearby park and taking a stroll. The park will be full of blossoming flowers, native grasses, and intricate landscaping. Before you leave, stop and pick up a dandelion, make a wish for you and your lovebird, and blow!

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On this date idea, you can pick out plants based on their meanings and what you want your garden to convey. Jasmine signifies eternal love, and agrimony flowers stand for thankfulness. Coriander is a sign of lust, while sweet peas smell fantastic and symbolize gratitude. Oxeye daisies are lovely representations of patience. With a little research and the right intentions, you can create a garden that ushers in much more than beauty into your lives.

Once you and your beau are fully inspired, learn which plants grow best in your area. Provenwinner.com is a great resource for area-determinant gardening. Then, it's off to the local gardening store for you two! Stock up on all the supplies you'll need— like shovels, gloves, potting soil, and, of course, whatever seeds or plants you picked out. Be sure to pick up some pretty pots to add a bit of color to your front porch too!

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If none of the pots fit your fancy, purchase normal clay pots and make a quick trip to the craft store for some acrylic paint and a few paint brushes on the way home. Get to gardening, but before you start on the potted plants, take your paint and brushes and decorate the pots! You can paint hearts or design something more abstract. It doesn't have to be precise; it just has to be colorful. On the bottom of the

pots, paint the date to make sure you'll never forget.

Take your time today. Enjoy the sun, the breeze, and your relationship and love. Winter felt like it lasted forever, and summer will be here in no time, so bask in the beautiful weather of the spring. As the seasons roll on, you'll have your sweet garden to remind you of this weekend date idea.

Have you ever planned a gardening date? Share your stories below!

Date Idea: Explore Love on a Road Trip





By [Sarah Batcheller](#) and [Mara Miller](#)

After a stressful week, you just want to unwind and spend quality time with your partner. So pack a light bag, jump in the car, and head out on a road trip! Taking to the open road is bound to be an experience to remember; it's a great way to spend quality time together and explore your relationship and love. It shouldn't take too much planning, but in order to enjoy your journey, there are a few things you need to keep in mind.

Road Trip Your Way to a Stronger Relationship and Love

The first step is to choose a few destinations. For this date idea, you and your partner should select places not too far or too close to home. One great idea is to visit a popular city in your state or a neighboring state. If you don't have any preferences, ask friends who have been on road trips. It's always a great idea to get dating advice and personal recommendations from your loved ones – that way, you can also

get information on the best places to eat, lodge, and just have a good time!

Related Link: [Bring the Beach to You](#)

Deciding where to go has a lot to do with you and your boo's personalities. If you're music junkies, you might want to hit up Nashville, Tennessee. Or maybe you're history buffs, and you want to see the marvelous Philadelphia, Pennsylvania. Your chosen spot depends on the kind of romance you want to stir up as well. You may want to pick a place that's known for its party scene or somewhere with a beautiful, breathtakingly-silent landscape.

Once the destination has been chosen, it's time to get your suitcase out. Several items you should take with you on this weekend date idea are music you both enjoy, a GPS or map, books, snacks, drinks, a first aid kit, some clothes (be sure to check the weather!), and cash or credit card.

Related Link: [Rent a Cabin for the Weekend](#)

In order to enjoy the road trip and make the most of your relationship and love, give yourself sufficient time to check out your destination spot as well as places you pass through. Take pictures and keep receipts as souvenirs. With these tips and the right planning, you'll be ready to take another road trip next weekend!

Do you have any suggestions about road tripping with your sweetheart? Share with our readers by commenting below.

Date Idea: Stroll Through a Museum



By [Sarah Batcheller](#) and [Mara Miller](#)

Searching for an exciting date idea this weekend? Plan a trip to a local museum! You can spend the entire day with your significant other and get an educational and entertaining experience at the same time.

Head to a Museum for a Culturally-Influenced Date Idea

When choosing which museum to visit, think about your interests. If you want to learn more about a specific event in

history, such as the Holocaust, find a museum that has a section for that. Do you live in Washington, D.C.? The United States Holocaust Memorial Museum is one of the best Holocaust museums in America. If your man is a space or aviation fanatic, follow this [love advice](#) and take him to the National Air and Space Museum, also in D.C., on your next weekend date idea.

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If you're more fascinated with contemporary art, the New Museum in New York is the best place to go. It even has a Sky Room that provides a stunning view of Manhattan's skyline. If you live in Chicago, the Museum of Contemporary Art is also on the list of top ten museums in America.

Planetariums and aquariums make for great date ideas too. The American Museum of Natural History in New York exhibits a variety of shows in their planetarium, ranging from outer space to the function of the brain. The New York Aquarium is also popular. From sea lions to sharks, you'll certainly stay busy!

Museums are great because of all the opportunity for conversation, especially if you're going on a first date. Still, whether it's your first or fifty-first outing together, there's always something fun to enjoy. Strolling down various corridors and stumbling upon new exhibits will give you and your partner time to bond over your mutual fascination for the museum's focus. The quietness of a museum makes for good romance too, and it'll cause you to feel closer to your partner. While immersed in a century-old Greek oil painting, the two of you will feel like you're the only ones in the room, like you're in an entirely different world.

Related Link: [How to Date Outside the Box in NYC](#)

Once you're tired of hushed voices and "Do Not Touch" signs, you can head over to the cafe or bakery that many museums

typically offer their guests. There, you'll be able to discuss all the wonders you've seen and continue your conversation. Don't forget to stop by the gift shop on your way out and pick up a memento of your day!

Do you have any great museums, planetariums or aquariums in mind? Share your date idea with us!

Date Idea: Romance at a Resort



By [Sarah Batcheller](#) and [Mara Miller](#)

It's time to escape your everyday burdens and have a romantic getaway with your beau. Pamper yourselves and enjoy time away from the office and with each other by venturing off to a resort. This [weekend date idea](#) will allow you to retreat to a relaxing place and rejuvenate your relationship and love for one another.

Find out how to indulge fully in a resort weekend with these date ideas!

Heat things up in this cold weather! Why not head to a fun spot like the Hamptons or Montauk and spend the days and nights on the beach with the one who makes you happy? Check out sites like LivingSocial or Groupon for deals on weekend getaways. You *can* have a vacation that won't break the bank. If you literally want to heat things up, travel somewhere with a warmer climate, like The Keys, for this date idea.

Related Link: [Valentine's Day Date Ideas](#)

Once you arrive at your destination, make a bonfire on the beach, melt some s'mores, and snuggle up. Soak in all there is about where you are. One morning, be sure to order breakfast in bed – there's nothing better than being comfy with your boo while sipping your morning coffee and watching the sunrise from the sheets. Talk about a great start to the day! After all, the point of this [dating advice](#) is to do what you can't do when you're tied down with work and other responsibilities. Take some time to do nothing except appreciate the company of your significant other.

Many resort locations offer a variety of romantic activities for couples, like dance lessons, horseback riding, couples massages, or private yoga. Any of these will add some edge and

spark to this weekend date idea. If you'd rather follow the trail of spontaneity, just explore your destination. If you prefer a laid-back day, head to the pool to soak up some rays. There's bound to be poolside service at any spa resort, so the two of you could comfortably spend all day basking in each other's arms.

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Afterward, have a candlelight dinner for two on your balcony. Talk about your trip so far and what you've enjoyed most about your time away. No matter where you go, having a romantic resort getaway is a great way to spend some quality time with the one you love.

Tell Cupid about your favorite resort spots in the comments below!

Celebrity News: Bachelor Contestant Caelynn Miller-Keyes Talks Sexual Abuse





by [Mara Miller](#)

In the latest [celebrity news](#) according to [EOnline.com](#), *The Bachelor* contestant Caelynn Miller-Keyes had something important to tell Colton Underwood on their second one-on-one date in Singapore. Miller-Keyes opened up to Underwood, telling him how she had been drugged and raped in college at a fraternity party. Colton, in turn, opened up, speaking of experience dating Aly Raisman, who had been sexually abused, and how difficult it was to watch her come to terms with what happened.

Celebrity news: Bachelor contestant opens up about past sexual abuse. What are some ways that we can prevent past abuse from influencing new relationships?

Cupid's Advice:

If you are the victim of sexual abuse, you may be facing demons that effect new relationships. Here are some ways that will hopefully help you and your partner grow beyond your past abuse together:

1. Take Things Slow: You are in control and you do not have to take the next step in your relationship until you are ready, even if that means waiting to be intimate sexually. If your new partner understands, they'll be willing to wait because they respect you and understand what has happened in the past.

Related Link: [Celebrity News: Selena Gomez Explores Mental Health Journey](#)

2. Have a Strong Support System: Having a strong support system as a couple is important, especially if you have experienced sexual abuse. There are times you might frustrate each other, and having a friend or family member you can reach out to will help through the difficult times.

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3. Take Time to Build Trust: It can take time to build trust with your new partner. You will never work together if neither one of you can trust each other or if you're worried you may be assaulted again. Being raw and honest with each other will help form a strong bond for you both as a couple.

If you have experienced sexual abused, please reach out to the National Sexual Abuse Hotline, 1-800-656-HOPE (4673).

What are some ways you can stop past abuse from affecting future relationships?

Celebrity Couple: Royal Celebrity Couples Face Online Bullying



by [Mara Miller](#)

Kensington Palace is worried about online bullying against the royal [celebrity couples](#), [Kate Middleton](#) and [Prince William](#), and Meghan Markle and Prince Harry. In the latest celebrity news, according to [People.com](#). Kensington Palace staff have spent countless hours monitoring negative comments aimed toward the royal sisters-in-law. These comments often try to pit Duchesses Middleton and Markle against each other, with

fans of both taking sides and arguing among themselves. In some rare cases, there have even been serious threats of harm. The cyber bullying isn't just toward both women: Kate and Meghan fans often turn against, and threaten, each other.

The Royal Celebrity Couples are facing terrible comments on social media and, in response, Kensington Palace is making a peace movement. What are ways can adults cultivate a positive experience online?

Cupid's Advice:

Kensington Palace has been locking down the comments on social media about the royal family. While it might be easy to act thoughtlessly online without caring about another person's feelings, bullying has serious emotional repercussions that have, in some cases, led to suicide when an online social interaction is not as easily monitored. We should all strive for a positive online experience. Here are some ways to achieve it.

1. Remember the Golden Rule: Remember the saying, "If you can't say anything nice, don't say anything at all?" Apply this logic to any future comments you might make online in a public forum. Realize the comments you are making are about real people, too. It's easy to get into shipping wars when we adore our royalty and our celebrities, but they have feelings and busy lives just like we do. Would you want to hurt your favorite celebrity because you've said something terrible about one of their family members when they're trying to work out their personal differences?

Related Link: [Celebrity Babies: Duchess Kate Middleton Talks](#)

[about the Difficulties of Being a Mom](#)

2. Report Threatening Behavior: If you're on a forum like Facebook or Twitter, you can report any threats toward someone who is getting bullied. Often, there is the option to block a specific user. Never make any threats yourself. While there are no exact laws against cyber bullying, it is still a form of harassment and there can be legal ramifications if you're caught.

Related Link: [Royal Celebrity News: Prince Harry Feels 'Responsible' For Meghan Markle 'Being So Miserable'](#)

3. Just Walk Away: The best thing to do is ignore it, even when you might really want to make that comment to try to make an internet troll go away. Bullying can take away the enjoyment of the video or article you're trying to read and put you in a horrible mood when you could have just ignored someone else's childish behavior.

What are some other ways that adults can cultivate a positive online experience?

Fitness Tips: 7 Ways to Speed Up Weight Loss





By [Mara Miller](#)

Do you need to shed a few pounds, but you aren't sure where to start? Weight loss can be rewarding; both in the "yes!" moment when you fit into your old college jeans and for the health benefits, including more mobility and a decreased risk in health issues.

Losing weight isn't something that will happen overnight, but it can be kick-started under the right conditions. Here are seven fitness tips that can help speed up weight loss:

1. Get enough sleep: Proper rest does a lot for your body. If you're lacking sleep, it can cause your metabolism and cortisol levels to drop, resulting in weight gain, even if

you're trying to work out and eat healthy. While you won't automatically drop twenty pounds, getting enough sleep at night will ensure that you won't eat more during the day.

Related Link: [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

2. Never skip breakfast: Skipping breakfast, or any meals, is a big no-no when it comes to losing weight. Your metabolism will slow down, you'll get hungrier later in the day, and you'll possibly get a migraine. Instead of eating a huge plate of bacon, eggs, and toast, try a smaller breakfast with a plate of fruit and a side of Greek vanilla yogurt. Or, if you're really pressed for time, grabbing a handful of grapes or another fruit for your morning commute is better than not eating at all.

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3. Stay away from sugar: Sugar addiction is real—especially common with refined sugars—and it's a serious problem that can pack on the pounds. Staying away from sugary drinks, cookies, and other sweet treats can help speed up weight loss since you aren't taking in the empty calories that your body doesn't know what to do with before it stores it as fat. Aspartame and other fake sugar alternatives can make you hungrier, working counter-productively to help you shed the pounds. Instead, try a natural alternative, Stevia, which comes from a plant and is 200 times sweeter than sugar. This means you need less. And the best part? It acts as a zero-calorie sweetener that you can use in coffee or bake with the next time you want cookies.

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4. Choose healthy snacks: It's easy to default to a bag of chips, a big old jar of french onion dip, and snack like crazy while you're binge-watching the latest season of *Grey's Anatomy* or *The Bachelor*. Instead, try a handful of peanuts, almonds, or an apple. Hummus and high-fiber crackers are a

healthy option for those heavy series-binging nights.

5. Take care of your gut: Did you know that the bacteria in your gut can influence your weight? Studies show that if the gut isn't healthy, then it can be hard for you to digest the foods you need to eat in order to be healthier. It can even influence when your stomach tells you if you are hungry or not, the vitamins your body absorbs, and how food is digested. Introducing probiotics to your body can have a positive effect on the bacteria in your gut. Consider consuming more fermented foods like sauerkraut or Kombucha. You can also purchase probiotics online or in your local pharmacy.

6. Drink lots of water: Our bodies are dependent on water. It can suppress appetite, help aid in waste removal, and helps after you've had a really intense workout, among several other benefits. The regular recommendation is to drink at least eight glasses of water a day. That isn't always easy. Here's an extra tip: you can drink tea too, and it will count as your water intake. It can also ease the dread of trying to drink so much water when you may not like to drink it plain.

7. Keep a food journal: Knowing exactly how much you're eating and when you're eating it can be helpful when you're trying to lose weight. While all of your fat isn't going to speed up overnight, you can track how much water and tea you're drinking, write down your favorite recipes, yoga poses, and thoughts about your weight loss journey. You can do this in a blank notebook or in a book that is specifically geared toward weight loss if you need more structure.

What are some other tips you have to help speed up weight loss? Share your thoughts below.

Celebrity News: Selena Gomez Explores Mental Health Journey



By [Mara Miller](#)

In the latest [celebrity news](#) according to *USMagazine.com*, [Selena Gomez](#) speaks candidly about her struggles with mental health. Gomez was diagnosed with Lupus in 2014. She admitted that anxiety, depression, and panic attacks can be side effects of Lupus, among other symptoms of the disease. In 2016, the [single celebrity](#) took a step back from the spotlight to focus on herself. Breaking her silence, Gomez released a new song with Julia Michaels, titled "Anxiety." It's great to see that Gomez is performing again, but, even better than having her music, she has been reaching

out to her fans to let them know that she loves them. Gomez has, on occasion, even reached out to fans on Instagram to speak with them when she finds out they are struggling with mental health.

Selena Gomez's honesty with her mental health has made celebrity news because of the impact on her fans. What are some ways we can follow Selena's example and encourage mental health?

Cupid's Advice:

When you're going through a difficult time, whether with depression, anxiety, or any other number of other issues, here are some things that can help.

1. Try positive thinking: Negative thinking can be a downward spiral that is hard to come back from, and it can become difficult to be positive when you hardly have been. Only use words that will empower yourself. It may seem hokey and redundant, but positive thought is a powerful tool and will reshape the vocabulary your brain uses.

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2. Reach out to someone who you trust: Have a serious conversation with someone close who is willing to listen. Also, if it's bad and you don't have a support system, do not be afraid to seek professional help. There's *never* a reason to be ashamed of how you feel.

Related Link: [Celebrity Baby: Kate Hudson Opens Up About](#)

[“Genderless” Parenting](#)

3. Exercise: Exercising can release endorphins in the body that relieves stress and boosts the mood. This doesn't have to mean working out in a gym. Try picking up martial arts classes or borrow a book from the library on introductory yoga. Exercise can also play double duty as something that you're doing for yourself, by yourself, and it can help you take your mind off of the things that are upsetting you.

What techniques do you have for maintaining mental health? Share your tips below!

Food Trend: 3 Things to Know About Fermented Food





By [Mara Miller](#)

Did you know that pickles, sauerkraut, and kombucha are all types of fermented food? A new [food trend](#), fermented foods are packed with health benefits. This method of preserving food through fermentation dates back to 6,000 B.C. and is still embraced in several other countries.

Here are three things to know about the fermented food trend:

1. Fermented food has health benefits: It balances the good bacteria through probiotics. Fermented foods are a great source for natural probiotics. It helps you maintain your gut flora—over 400 bacterial species that aid in digestion.

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2. Not all fermented foods are equal: While cheese is fermented, it is not known to have the same health benefits as

yogurt, for example. Kombucha, pickles, and kimchi all have different benefits. While most fermented foods benefit a healthy digestive system, research which foods will benefit your body the most.

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3. You can ferment your own food: Sauerkraut, any kind of pickled vegetable, Kimchi, yogurt, and juice are all easy to make at home to save money and help your gut. You can find a multitude of recipes online with a variety of flavors to fit every palate.

Have you tried any fermented foods besides sauerkraut and pickles? What health benefits have you noticed? Share your thoughts below.

**Celebrity Baby: Carrie
Underwood Welcomes Second
Son!**





By [Mara Miller](#)

In the latest [celebrity baby](#) and [celebrity news](#), [Carrie Underwood](#) and her husband, Mike Fisher, welcomed their new son into the world. According to *People.com*, Jacob Bryan Fisher was born on Monday, January 21st. Underwood and Fisher couldn't be happier. Their son, Isaiah Michael, is a proud big brother. Underwood wrote on her Instagram, "Jacob Bryan Fisher entered the world in the wee hours of the morning on Monday...his mom, dad and big brother couldn't be happier for God to trust them with taking care of this little miracle!" It's so wonderful to see Underwood's family growing!

Carrie Underwood just had her second celebrity baby! What are some parenting tips for introducing babies one and two to each other?

Cupid's Advice:

A new baby can be a very exciting time for the family. What ways can you introduce your older children to their new sibling?

1. Help them become friends early: Include your older child in experiencing your pregnancy, such as showing them ultrasound pictures, singing to the baby, or letting your child feel a kick. This will help your child understand their new sibling is real and they can form a bond early.

Related Link: [Celebrity Baby: Khloe Kardashian & Tristan Thompson Are 'Actively Trying' for Baby No. 2](#)

2. Spend quality time with your child: If you're worried about jealousy, spending individual time with your older child will help to ward off any bad feelings about their new brother or sister.

Related Link: [Celebrity Baby News: Prince Charles Teases Baby Names for Duchess Meghan & Prince Harry](#)

3. Give them a job: Depending on how old your eldest child is, you can help them get involved with taking care of the new baby, like helping to change a diaper or finding something for the baby to wear. This will help them feel important while they help take care of the new baby.

What are some suggestions you have for introducing older children to their new sibling?

Celebrity Baby: Kate Hudson

Opens Up About “Genderless” Parenting



By [Mara Miller](#)

In the latest [celebrity news](#), [Kate Hudson](#) has decided not to put any labels on [celebrity baby](#) Rani Rose. According to *People.com*, Hudson revealed in an interview with AOL that she embraces a “genderless environment” when raising little Rani and her two other children, Bingham Hawn, and Ryder Russell.

Kate Hudson is raising her

celebrity baby to be gender neutral. In our gender fluid world, what are some other ways to raise gender-conscious children?

Cupid's Advice:

If you want to raise your children to be gender-conscious, here are some ways to do it:

1. Start Early: It's never too early to start talking to your children about gender or to try to find teachable moments, such as showing them it's okay to play with whatever toys they want. Kids learn through creativity and they have huge imaginations that shouldn't be limited.

Related Link: [Celebrity Babies: Duchess Kate Middleton Talks About the Difficulties of Being a Mom](#)

2. Teach them empathy: Teaching your children empathy will help them be more in control of their emotions later. Asking them how they feel about something, such as gender, will allow them to become more in-tune with their feelings and the feelings of others around them.

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3. Don't teach "boys will be boys": Always hold your children accountable for their actions, but don't treat them differently just because of the gender they were born with.

What are some other ways you can raise your children in a gender-conscious way?

Celebrity Dating: Chrissy Teigen Questions Modern Dating



By [Mara Miller](#)

In the latest [celebrity dating](#) and [celebrity news](#) according to *EOnline.com*, [Chrissy Teigan](#) questions modern dating. Teigan and her husband, [John Legend](#), have been together for twelve years and married for five. They have two children, Luna and Miles. Teigan questioned modern dating on Twitter on Sunday, saying, "I haven't dated for a long, long time but are guys really pulling the 'let's be exclusive' thing six months into

dating like what, I have been exclusive what the f—k have you been”. Chrissy is right—modern dating can be a mess.

Chrissy Teigen’s questions about modern celebrity dating are way too relatable. What are some old-school tips we should adopt in today’s dating game?

Cupid’s Advice:

Though online dating platforms are the newest way to meet someone, old-fashioned dating still has its merits. Here are a few old-school tips:

1. Get off the phone: We carry mini-computers around with us, allowing constant access to the outside world. Old-fashioned dating meant actually spending time with your date to try to get to know them and giving your date time to get to know you if you’re genuinely interested in a relationship. Try leaving the phone in your purse or back pocket on vibrate to give your date your sole attention.

Related Link: [Celebrity Couple: Chris Pratt and Katherine Schwarzenegger Move In Together!](#)

2. Take Things Slower: While waiting for marriage to be intimate might seem too old fashioned, taking things slow while you’re dating has its benefits. Keep in mind that there is nothing wrong with jumping into bed together on the first date, but if you’re serious about the person you want to date, waiting and taking things a tad slower will allow both of you to decide if pursuing the relationship is plausible or a total disaster.

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3. Find someone you can dance with: While this might seem like something your grandmother would say, couples who can dance and have fun together are more likely to have a successful relationship. And no, this doesn't mean a bump and grind in a club. Think head resting on shoulder, holding hands, swaying together kind of dancing.

What are some old-fashioned dating tips you suggest?

Celebrity News: Designers Say Bebe Rexha is Too Big





By [Mara Miller](#)

In the latest [celebrity news](#), *People.com* reports the 2019 Grammy Awards are extra special for single celebrity Bebe Rexha. She was nominated for Best New Artist/Best Country Duo/Group Performance, so the music artist naturally reached out to several dress designers for her Red Carpet outfit. They turned her down, refusing to design a dress for her because she is “too big.” Rexha said this on Instagram, defending herself and all women a size 8 and up, “You’re saying all the women in the world that are a size 8 and up are not beautiful and that they cannot wear your dresses.” We should all adopt Rexha’s mentality on being called too big.

Rexha made celebrity news when no designer would work with her for the Grammy’s. What are some ways we

can fight against body shaming like Bebe Rexha?

Cupid's Advice:

Whether you are a size 8 or a size 8x, here's how you can fight body shaming:

1. Wear whatever makes you comfortable: Hot? Wear your tank top. Want to wear that black dress that shows off your curves? Do it. Life is way too short to be worried about what you're wearing, no matter your size. If a brand only caters to certain sizes then you do not have to shop with them. When anyone tries to be rude or negative, call them out on it.

Related Link: [Fashion Tips: How to Rock Heels Without The Pain](#)

2. Practice body positivity on social media: Don't be afraid to take pictures of yourself with friends or family because of your size. Follow body-positive celebrities. Share and read articles about bigger men and women.

Related Link: [Celebrity News: Selma Blair Opens Up About Life with MS](#)

3. Don't be hard on yourself: We might not want to admit it, but sometimes we can get wrapped up in thinking we're not pretty or handsome enough because of our weight. Eating healthy should always be a priority, but sometimes you can't control your weight even if you have a healthy diet. Maybe you just had a baby, have issues with polycystic ovary syndrome, or got injured in a sports accident and haven't been able to shed the pounds. Do NOT beat yourself up because you don't look like a cover model on a magazine.

What are some ways you can fight body shaming? Sound off in the comments below.

Beauty Trend: Create Yoga Skin for Your Next Date Night



by [Mara Miller](#)

Need some [date night](#) makeup inspiration? Yoga Skin is a new [beauty trend](#) meant to give yourself fresh, glowy skin without actual yoga involved. Sara Hill created the trend in a video she posted on Instagram and it went viral because of the technique's blending of makeup and skincare products. The sheer to minimal coverage makes your skin appear healthy and natural.

This look gives off the feeling that you just stepped out of a yoga studio. Here's how to achieve your own dewy-fresh, natural looking Yoga Skin.

1. Follow your usual morning skin routine: You don't need to do anything else different for the first step. Use what works, because your skin thrives on routine.

Related Link: [Beauty Tips: Best Mascara Types in The Game](#)

2. Use silicone-free primer: Silicone primer acts like spackle for your pores by filling them in. This kind of primer can cause breakouts if not removed properly at the end of the day. Silicone-free, in this case, is better, because you are working with cream and water-based makeup and it doesn't clog your pores, avoiding any build-up.

Related Link: [Beauty Tips: Best Mascara Types in The Game](#)

3. Start creating the mixture: You're creating a mix for your face with 3-4 pumps of a foundation, a drop of facial oil, a drop of liquid highlighter, and the optional glow drops. If you have oily skin, use less skincare products and more foundation. If you have dry skin, you can add moisturizer. Sheer to medium coverage liquid foundation is best for this look. Some water-based foundations also have additional nutrients in the formula to help your skin.

Not all oils are bad for your face. Facial oils penetrate the skin, depositing added nutrients into the skin and plumping it. Again, just be mindful of your skin type before choosing one.

Related Link: [Beauty Tips: 5 Natural Ways to Make Your Lips](#)

[Look Fuller](#)

4. Massage the mixture into your skin: You can use your hands for this to help it sink into your skin. Remember, this is natural, so the mixture doesn't just sit on top of your face. The look is buildable and won't have the packed-on foundation effect that can sometimes happen with other foundations and powders.

5. Concealer: Use liquid or cream concealer only where you need it, like your T-zone or under your eyes if you have dark circles. You can apply it with a fluffy brush for an even application, or use the tips of your ring fingers for a softer, blended look.

6. For the rest of your makeup application: Be mindful that this is a creamy, fresh, natural look, so use very little powder, although a tiny bit when you are finished applying the foundation is acceptable. If you use powder, tap as much of the powder off of your brush as possible and be careful not to cake it on. Some lipstick with a cream-like consistency can act as a light cheek color in place of powdered blushes to complement the look.

7. Make sure the setting spray you use is alcohol-free: Alcohol can have a drying effect on your skin and take away the shine, so it's best to choose a setting spray that will make your makeup stay with the healthy glow the Yoga Skin technique creates.

Do you like the natural, glowy look of Yoga Skin? What tips do you have for creating the natural look?

Celebrity Couple: Chris Pratt and Katherine Schwarzenegger Move In Together!



By [Mara Miller](#)

According to *People.com*, in the [latest celebrity news celebrity couple](#), [Chris Pratt](#) and Katherine Schwarzenegger recently moved in together. Pratt helped his fiancée move out of her home in Santa Monica, California on Friday. He excitedly captioned a short video on Instagram, “I love moving,” showing off his new Chevy Silverado, a trash bag, and a cardboard box full of belongings. Moving in together can be lots of fun when you’re ready like these two are!

Though it hasn't been long, celebrity couple Chris Pratt and Katherine Schwarzenegger are moving in together! How do you know when you are ready to take that step?

Cupid's Advice:

Moving in together can be a mix of amazing, frustrating, exhausting, and exciting emotions, not to mention *expensive*, even if you're just moving an hour and a half away from the city to the countryside. How do you know when you're ready?

1. Review your expenses, and then decide how you'll break things up: Are you going to split the bills even, or share them? Consider if you're ready to share the cost for food and gas, and if you're renting and the utilities aren't included, the water and the electric. This can be easily done by creating a budget for your potential new household.

Related Link: [Celebrity News: How Chris Pratt told Anna Faris About His Engagement](#)

2. You're willing to make a couple sacrifices: 3 AM dance sessions and binge-watching your favorite television show might have to be put on hold while your partner sleeps. You'll need to take time to do chores, and these will go quicker, like helping your partner wash the dishes or walk the dog together. You might also have to put down the social media to spend more time together. If you can see yourself making tiny sacrifices like this, then you both might be ready to live together.

Related Link: [Celebrity Wedding: Chris Pratt & Katherine](#)

[Schwarzenegger Are Engaged!](#)

3. You trust they will be great with your pets or children:

While this might not be a factor for everyone, it's still an important factor to consider. If you are with someone who doesn't like children or animals, and you adore both your toddler and your pet rabbit and they want nothing to do with either, then you might need to re-evaluate your relationship. Trust in this situation is key because you don't want your human babies or fur babies to get hurt.

What are some ways you know when you're ready to move in together?

Celebrity Couple: Joe Alwyn Clears Up Rumors About Dating Taylor Swift





By [Mara Miller](#)

In the [latest celebrity news](#), [celebrity couple](#) Joe Alwyn and [Taylor Swift](#) clear up some rumors about their relationship. According to *EOnline.com*, the couple has been spotted in public together on several occasions recently, including The Golden Globes. They also attended several parties together after the event. Alwyn said about his relationship with Swift, "I don't think anyone you meet on the streets would just spill their guts out to you, therefore why should I? I think it's normal." Alwyn is absolutely right. He and Swift deserve their privacy, no matter how much we may crave every single juicy detail.

Celebrity Couple Taylor Swift and Joe Alwyn are elegant in the face of rumors. What are some ways you and your partner can approach

rumors?

Cupid's Advice:

Rumors can have some serious ramifications for your relationship, depending on the nature of the gossip. What should you do when the rumors are flying about you and your partner?

1. Always speak to your partner first: Together you can discuss how you would like to tackle the situation. Should you ignore it, or say something?

Related Link: [Celebrity Couple News: Joe Alwyn says, 'I Know What I Feel' About Girlfriend Taylor Swift](#)

2. Don't do anything to aggravate the situation: Misunderstandings are bound to happen amongst family and friends when a new relationship starts. Maybe you're so wrapped up in your bubble of love, it's hard to fathom sharing any details yet. As a result, the gossip has started flying! You don't need to tell people anything you don't want to about your relationship. Either address it or let people cook in their assumptions. Leave a little mystery to your love life!

Related Link: [Celebrity Wedding: Bachelor Alum Arie Luyendyk & Lauren Burnham Talk Wedding & Baby!](#)

3. Be honest with anyone important who might have heard the rumor: If it's Joe Shmoe in the work office who only started a week before, then it's none of his business. But if you and your partner's family and friends hear about the rumor, they may get worried something else more serious may be going on. It's okay to clear the air with them because immediate family and close friends will be there to support you and your partner later.

What else do you suggest doing if you and your partner face

rumors?

Celebrity Exes Chris Pratt and Anna Faris Give Co-Parenting Tips!



By Mara Miller

In the [latest celebrity news](#), [celebrity exes Anna Faris](#) and [Chris Pratt](#) remain on good terms while they co-parent their son, Jack. According to [US Weekly](#), Pratt and Faris remain close for the sake of their child. Jack's well-being has been

their main focus, especially now, with Pratt's [celebrity engagement](#) to Katherine Schwarzenegger and Faris's long-term relationship with Michel Barrett. Faris said, "I think the general idea is making sure he's surrounded by lots of love and happiness." Jack is a lucky kid to have two parents who work together to make him safe and happy even though they are no longer together. Pratt and Faris should start offering [parenting advice](#)!

Chris Pratt and Anna Faris are setting the golden standard on co-parenting. What are some ways to co-parent when the relationship is less than friendly?

Cupid's Advice:

Divorce isn't easy, especially when you might never want to see your ex again. How should you set your own golden standard for co-parenting your child(ren)?

1. Remember that you were a happy family once: Even though things are tough now and you might not be able to stand each other, remember that you were a happy family together once. Divorce isn't just hard on the both of you, but on your kid(s) too.

Related Link: [Celebrity Exes: How Chris Pratt Told Anna Faris About His Engagement](#)

2. Never speak negatively about the other parent: Hearing bad things about their parents can leave a long-lasting impact on children that might cause them to act out in school or at home. Never, ever say anything nasty about the other parent. Remember, kids are like sponges. They like to repeat what they

hear, and your other co-parent is likely to find out what has been said about them eventually. Would you rather get through this co-parenting thing together relatively unscathed, or hardly be able to stand each other when you're in the same room together if your child needs you?

Related Link: [Celebrity Wedding: Chris Pratt & Katherine Schwarzenegger Are Engaged!](#)

3. The both of you need to swallow your pride: There will be birthday parties, family nights, holiday gatherings, and school events. Your child(ren) needs to feel loved first. They will need reassurance that Mom and Dad can still get along. Put aside your differences and have a board game night. If you've moved on already, include your new S.O. if the other co-parent has agreed to let your kid(s) meet them. While things might be awkward at first, eventually the less than stellar relationship as co-parents will become easier.

What are some ways you suggest making the co-parenting relationship work when things aren't great with your ex?

Celebrity Wedding: Bachelor Alum Arie Luyendyk & Lauren Burnham Talk Wedding & Baby!





By Mara Miller

In the latest [celebrity couple](#) and [celebrity wedding](#) news, [Arie Luyendyk](#) and [Lauren Burnham](#) have tied the knot in a *Twilight: Breaking Dawn*-themed wedding. According to [US Weekly](#), Burnham's wedding dress was a stunning sleeveless gown with floral embellishments. "I love that she's now expecting because that, honestly did not impact the design at all," said Haley Paige, Burnham's dress designer. Burnham drew inspiration from photos of *Breaking Dawn* and frequently sent them to her wedding designer. The newlyweds took photos outside with the forest behind them in a romantic setting. One photo even featured a hint of the baby bump! They expect their [celebrity baby](#) in June. How exciting for them both! They have been waiting for their special day and it sounds like it turned out perfect.

The 'Bachelor' alum celebrity wedding was stunning! What are some

ways you can have an equally glamorous wedding without the cost?

Cupid's Advice:

You can have your own themed wedding too! Even if you haven't chosen a wedding planner, Cupid thinks these ideas are super fun and cost-effective:

1. Don't be afraid to geek out: Are you a *Star Wars* and Legos fan? If you're going for a galactic-themed wedding, use Legos to make your wedding cake topper. If you or your future spouse have Legos from the *Star Wars Line*, you can have tons of fun sorting through bricks and mini light-sabers together to make a cake topper that represents you both. You can also have your hair done like Princess Leia on your special day!

Related Link: [Celebrity Wedding: More Details Emerge from Miley Cyrus & Liam Hemsworth's Secret Nuptials](#)

2. Go for `something simpler: Okay, so maybe you don't want to take your wedding theme off of Earth. Instead, you want your own *Twilight* inspired wedding. You don't need to spend an arm and a leg on candles and lace for the bride and groom table. Go to a craft store and buy some lace to put across the table and, if you live in a rural area, let nature be the backdrop for your wedding photos.

Related Link: [Celebrity Baby News: 'Bachelor' Arie Luyendyk Jr. and Lauren Burnham Are Expecting First Child](#)

3. Be a bargain shopper bride: You don't have to have the most in-style wedding dress *right now* for your special day. Absolutely make sure you love it before you buy it, but make certain you're aware of your budget and don't shy away from a deal. Also, keep the bridesmaids in mind if you're going to buy their dresses. Dress shops are bound to have dresses on

clearance as long as your girls are willing to be flexible. The shoes don't even have to be *from* the dress shop either. Discount shoe stores sometimes have buy-one, get-one-free: take advantage.

What are some ways you can make your themed wedding day perfect without the cost?

Celebrity Exes: How Chris Pratt Told Anna Faris About His Engagement



By Mara Miller

In the [latest celebrity news](#), [Chris Pratt](#) told [celebrity ex Anna Faris](#) he was proposing to Katherine Schwarzenegger before the [celebrity couple](#) announced their engagement to the world. Faris and Pratt have a six-year-old son together and still have an amicable relationship. According to *EOnline.com*, Faris responded with excitement, well wishes, and love for Pratt and Schwarzenegger for their upcoming [celebrity wedding](#). Faris even went so far as to remind her ex-husband that she is an ordained minister and could officiate the wedding, even though she's "not very good at it." It's inspiring to see these exes open to the idea of expanding their family and love!

Chris Pratt and Anna Faris's amicable relationship meant they could talk about his engagement. What justifies telling your ex about moving on?

Cupid's Advice:

Even though you might feel it's not their business, there may be times you need to let your ex know that you're moving on. What reasons would justify telling your ex about the details of your new relationship?

1. You're still friends: Not all relationships end completely with social media and number-blocking. In some cases, you might decide to stay friends with your ex. Maybe you work together or have the same circle of friends and don't want to cause tension or strife. Letting them know you're moving on before anyone else can soften the blow.

Related Link: [Celebrity News: Jessica Alba Celebrates Cash Warren's 40th Birthday with Pajama-Themed Birthday](#)

2. You have children: Whether you are just starting to date again or are ready to propose to an amazing new person, you're going to want your ex to know. You will want your child(ren) to meet them, since the person you're in a relationship with is now a big part of your life and theirs. Letting your ex know before anyone else that you're moving on will help prevent any potential arguments and will protect your child's well-being.

Related Link: [Celebrity Wedding: Chris Pratt & Katherine Schwarzenegger Are Engaged!](#)

3. You want to let them down easy: Maybe you've tried telling your ex that you're moving on, but it's had the opposite effect; they think you actually want to get back with them. It's totally okay to let them know that you're moving on, but make sure you let them down easy. If you want to maintain the friendship with them eventually, they need to know that you have met someone else; potentially leading them on could turn disastrous later.

What are some other reasons you might justify telling your ex that you've decided to move on?

Celebrity	Couple:	Kim
Kardashian	Calls	Khloe

Kardashian an “Idiot” for Staying with Her BF



By Mara Miller

In the [latest celebrity news](#) according to *US Weekly*, [Kim Kardashian](#) insulted [celebrity couple Khloe Kardashian](#) and NBA Pro Tristan Thompson by implying her sister is an idiot. The snide comment was made because [Khloe Kardashian](#) did not call off her relationship with Thompson after he cheated during Kardashian's pregnancy. [Kourtney Kardashian](#), however, stuck by her sister's side, saying, "It's so quick and easy to be like, 'leave him, leave him'. It's so much harder to stay and have the whole public think you're an idiot for staying."

Tension is running high in the Kardashian family because of the celebrity couple. What are some tactful ways of telling a loved one you don't like their S.O.?

Cupid's Advice:

It's not easy to tell your loved one that their significant other is a lousy person, especially when they aren't ready to listen to you. What are some ways you can tell them how you feel without the family drama?

1. Sit them down for tea or coffee: Don't let them know what you think about their S.O. publicly. Invite them over for a private conversation. Your loved one might not be willing to hear what you have to say about their spouse, but a private conversation in the living room will be more effective than a status post on Facebook about how much you hate the person your loved one is dating.

Related Link: [Celebrity Baby: Khloe Kardashian & Tristan Thompson Are 'Actively Trying' for Baby No. 2](#)

2. Let them know you realize they might not be ready to hear it: Don't name call and most certainly do not yell. Let them vent about the situation if they need to their feelings off of their chest. Having a conversation about your concerns over the person your loved one is dating with a level head and in a respectful manner will get your point heard faster than a petty back-and-forth through text messages.

Related Link: [Celebrity News: Kim Kardashian Is Worried Kanye West Is Becoming 'Unhinged'](#)

3. Don't take sides when other family members are clearly

opposed: Let your loved one know that you support them no matter what they decide to do. Knowing you respect their decision at the end of the day will open them up to the possibility of listening to your opinion.

What are some tactful ways you would tell a loved one that you don't like their S.O?

Celebrity Baby: Meghan Markle Reveals Due Date



By Mara Miller

In the latest royal [celebrity baby](#) news, Meghan Markle revealed her due date during a walkabout in Hamilton Square with Prince Harry, according to *EOnline.com*. Markle is currently six months pregnant; the [celebrity couple](#) is expecting their first baby between April and May. The Dutchess and Prince have decided to wait to find out the gender of their baby. This is the closest confirmation of her due date available since Kensington Palace previously announced the baby is expected in Spring 2019.

Meghan Markle and Prince Harry are about to have their first celebrity baby. What are some ways of announcing your due date to the world?

Cupid's Advice:

Announcing your due date isn't something you need to keep a secret if you don't want to. What are some ways you can tell your family and friends your exciting news?

1. Photographs: You could do a mini photo shoot with the ultrasound picture and baby shoes. If you have an older child or a pet, include them in the announcement photo. You could have your older child standing next to a chalkboard with something that says, "Big (sister or brother) starting (insert due date)". For your pet, you could do something like taking a picture of their paws next to baby shoes. Have fun and get creative!

Related Link: [Prince Harry Reveals His Nickname for the Royal Celebrity Baby](#)

2. Announce to immediate family: Announcing your pregnancy and

due date is an exciting time for you and your partner, as well as for your family and friend. If you don't want to immediately let everyone on social media know before your close circle does, plan unique announcements for each group! Don't let the pressure of sharing your due date stress you out; it doesn't have to be extravagant. A phone call to your mother (instead of texting) means more because it's personal. Or maybe a cup that says, "World's Best Grandma/Grandpa/Uncle/Aunt" and a picture of the ultrasound with the due date will be more memorable for years to come.

Related Link: [Celebrity Baby News: Prince Charles Teases Baby Names for Duchess Meghan and Prince Harry](#)

3. Make something special (or have something special) made to celebrate: You can go beyond having a cup made when you announce your due date. If you're creative with programs like Photoshop, you could create a movie poster with the due date or make a small trailer with a video editing program (like iMovie or Windows Movie Maker). If you create the movie poster, you could put it in the baby's room once they're born.

What are some ways you have seen someone announce their due date?