

'7th Heaven' Alum Beverly Mitchell Is Expecting Second Child



By Ann Luther

Beverly Mitchell posted a photo of her family of three on Thursday, September 4 with the caption, "Can't believe in 2015 we will be a family of 4!!!" UsMagazine.com reported that the actress wanted even more children. "Two or three... No more than three," she reasoned. "When you're getting into four, it's a handful. We're not having a *7th Heaven* situation!" Congratulations to Mitchell, her husband, Michael Cameron, and their one-year-old daughter, Kenzie Lynne!

What are some ways to prepare differently for a second child than your first?

Cupid's Advice:

Your first baby is a nine-month whirlwind of hysteria over what to do, how to do it, what to buy, where to put it, and oh my God can I do this?! But becoming pregnant with your second child is totally different because you've done this before. There are still ways to prepare though, and we've compiled a list of the best.

1. Get your first baby ready: The key difference in this pregnancy is that you've got another little thing hanging around wondering what in the world is going on. They are about to become a big brother or sister. That's a big deal to them! Explain what is about to happen and their role in all of it. It will put your tot at ease, which will put you at ease.

Related: [Beverly Mitchell Hosts Shower For Military Moms-To-Be](#)

2. Embrace the prenatal lifestyle: There are so many things you only get to do when you're expecting. You can eat whatever you want; so, indulge without guilt! You're eating that chocolate for the health of your child. There are also tons of cool exercise classes to keep mommy and baby healthy like prenatal yoga. Also, you can't see your feet. Go splurge on a pedicure whenever you want because your feet are being put to work. You deserve it all, so take it!

Related: ['7th Heaven' Star Beverley Mitchell Welcomes Daughter Kenzie Lynne](#)

3. Host a thank you shower: You probably already have all the baby paraphernalia you'll need and then some, but you can still have a party! This time around, instead of having a baby shower, invite all of your friends and family who supported

you with your first little one and give them gifts. If they insist on giving you something, suggest they donate to a charity for struggling mothers. You've already got all you need between the things they gave you last time and all their love.

What different ways did you prepare for your second child? Share in the comments below!

Beverley Mitchell Announces She's Having a Baby Girl



By Jennifer Ross

[People's](#) newest celebrity blogger Beverley Mitchell starts her blogging with big news. In her debut writing, Mitchell, 31 announces that she and husband Michael Cameron are expecting their first child in April. Mitchell is best known for playing Lucy Camden on the TV show, *7th Heaven*. As an added bonus, she also claims that they will have a baby girl! In describing her feelings over getting pregnant she writes, "We were not trying, but this magical little accident has already enriched our lives so very much... we are thrilled to be welcoming a beautiful baby girl into our family! And yes, she has already stolen my husband's heart." Meeting back in their college days, Mitchell and Cameron have been together for 20 years and married for just four years. As unborn baby continues to grow, Mitchell is happy to blog her experience every step of the way. "I am so excited for this crazy adventure and I am honored to have the opportunity to share it with you."

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

Cupid's Advice:

Are you having a baby boy or girl? Lots of people are going to ask you and your partner that question; sometimes even yourself. Although you may decide to wait till delivery for the answer, there are different preparations to consider when preparing for having a girl versus a boy. To get you started, here are a few ideas:

1. Color differences: If neutral beige has never been your color of choice, finding out the gender as soon as possible will help you and your partner pick a color – pink or blue – and making life easier for baby gifts.

2. Toys to buy: Many baby girls begin to speak much sooner than boys, due to the difference in their brain development speed. So feel free to get your little girl toys that help with speech development at an early age.

3. Clothing: Since girls don't out grow their clothing as fast as boys, your little girl's clothes will last longer in the first 6 months of her life. Therefore, you may feel a little better when splurging for her first designer outfit.

How did you prepare for a baby girl versus a baby boy? Tell us below.