

Reality TV Stars Kirk and Laura Knight Share Tragic News



By Kirk and Laura Knight

Kirk & Laura: This past episode was a very personal and sad time for us both. When documenting the entire first year of marriage, a couple is bound to have a series of up and down moments in their relationship and love. We were so overjoyed when becoming pregnant that the thought of anything going wrong didn't even cross our minds. Nothing prepared us for what we experienced with a miscarriage. What we learned was stunning – one out of five pregnancies ends in miscarriage. This is much more common than we had ever thought.

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Reality TV Stars Face Tragic News

L: Every woman who becomes pregnant will be told and will read that you aren't supposed to share your baby news with anyone until you have made it through the first trimester. This advice leaves many couples going through a miscarriage feeling alone and left to suffer in silence. I don't know what I would have done without the much needed support of my closest family and friends.

If you are experiencing a miscarriage, know that you are not alone. Allowing yourself to grieve will help you in the long run – just know that you cannot time stamp the length it takes to heal from such tragedy. Grieving is a roller coaster of emotions, and it takes time to feel like yourself again. Taking steps forward and backwards is part of the process.

There were moments where I felt I was doing okay, only to have a breakdown. A few days after the D&C procedure, I wanted to get out of the house and do something “normal.” I learned that going to Target mid-morning was a terrible idea – there were new mamas and their babies everywhere! Another time, I was feeling like I was in a pretty good place emotionally and went to pick out Mother's Day cards, only to end up sobbing in the middle of the store. These instances were only setbacks though. Accepting what is can be a daunting task; try looking toward the future in a positive light and never give up hope. I promise you will survive!

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K & L: We are tremendously grateful for all of the love and support we have received. Although tragic and sad, we will not give up hope in our efforts to conceive. Tune in tonight to

our reality TV show to see what we are doing to stay busy and how we are coping with the aftermath...

What's up next for this [celebrity couple](#)? Tune in to the reality TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

‘Newlyweds’ Reality TV Stars Laura and Kirk Knight Dish Out Their Big Pregnancy News



By Kirk and Laura Knight

Kirk: Since Laura and I made the big decision to have a baby, we have been working hard at being healthy, including clean eating and workouts at the gym. Laura's workout regimen is frequent and very advanced. It's going to take everything I've got to keep up with her pace! Her motivation and drive encourages me to stay focused and incorporate some sort of physical activity every day.

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Laura: I understand that healthy living can lead to a healthy pregnancy – I'm trying my best to keep Kirk motivated at the gym in hopes that this will help us on our path while trying to conceive. Plus, when your body feels good, sex is more fun!

K: In preparation to get pregnant, Laura stopped taking birth control pills. Within a few weeks, my super sperm did not disappoint, and Laura surprised me with a positive pregnancy test. Although my confidence was extremely high, I did not expect her to get pregnant this quickly – my boys can swim!!! We were so excited for this to have happened and couldn't wait to share this big news about our [relationship and love](#) with our family and friends. Everyone was thrilled for us.

L: One day, I was feeling unusually queasy, so I took a pregnancy test, and to my surprise, I was indeed pregnant! I wanted to tell Kirk the happy news in a sweet and clever way but couldn't come up with anything. He was in the living room, and there was no way that I could wait a day to put something together. I grabbed our video camera and called him into the bathroom, so I could capture his reaction – it was priceless! I was feeling two strong emotions at this point: First, it was complete and utter joy. And second, I only have nine months to learn everything I can about pregnancy and motherhood. So we went to the bookstore, and I bought the five best books I could find and began my research.

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K & L: We were on cloud nine – feeling very happy and in a great place. We had decided to have a child, and we were blessed with a pregnancy. For the moment, everything seemed to be perfect. The morning of the sonogram, we were excited to see the heart beat and first images of our little bundle of joy. As the sonogram began, our excitement immediately turned into fear as the tech could only see the pregnancy sack and not the embryo. We were emotionally panicked and felt like our happiness and joy was instantly deflated – only left with fear and anxiety, wondering what this meant. What we discover puts us on an emotional roller coaster. Watch our reality TV show tonight and find out what happens and how we deal with it...

What's up next for this celebrity couple? Tune in to the reality TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

Reality TV Stars Kirk and Laura Knight Share Baby News





By Kirk and Laura Knight

Kirk: I have really been putting a lot of thought into starting a family with Laura. I truly needed to make sure that I was ready to have a child and couldn't just succumb to any pressure. One of my fears was waiting too long and being in a situation similar to my father's, where he is spending his retirement years still tending to young children. I've loved being a young father and I want to be an active role model for our future children. Laura's going to be a great mom and she is already a great caretaker for me and our household.

Reality TV Stars Are Ready to Start a Family

Laura: Kirk and I have been talking about having a baby for years – agreeing that we wanted to have a child together, but not sure when exactly the “right time” would be for this next chapter in our lives . I've gotten to a point in our [relationship and love](#) where I am ready *now*. At 34 years old, my clock is ticking. I began to worry that Kirk was never going to be on the same page as me. Just as I was having my

doubts, my husband surprised me with his own revelation – he too was ready for a baby!!! Tears welled up in my eyes with joy at this happy news.

Related Link: [Reality TV Stars Kirk and Laura Knight Staying in Shape and the Possibility of Parenthood](#)

K: Now that its baby making time my confidence is extremely high and I know my super sperm will deliver. My excitement grows daily since I've made the decision to start a family, I am focused and can't wait for this to happen.

Celebrity Couple's Plans For Staying Healthy

L: We have a couple things to focus on in order to stay on track with our plan – eat healthy, exercise and make that baby!!!

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K: One evening I was working on the fish tank, Laura called me into our bathroom and gave me the shock of the year. Watch tonight's episode of the reality TV show *Newlyweds: The First Year* to see what happens next.

What's up next for this celebrity couple? Tune in to the realty TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

Reality TV Stars Kirk and Laura Knight Talk About Staying in Shape and the Possibility of Parenthood



By Kirk and Laura Knight

Kirk: Oh my gosh, what an awakening this week! After looking through our wedding photos, my wife so cleverly picked out a picture that happened to show me at my heaviest weight. This was her subtle hint to tell me about my weight gain -- and I'm glad she did. Since Laura and I began our [relationship and love](#), I have gained forty pounds. It seems like the traveling, eating out, and drinking have finally caught up with me. So I immediately needed to go into workout mode.

Celebrity Couple Kirk and Laura Knight Work on Getting Healthy

Laura: I am a certified pilates instructor and felt that Kirk would greatly benefit from taking my classes. He needed to get his body moving, and I was hopeful that he would embrace this type of exercise since I was coaching him through the sessions. Next on the agenda was getting him to start eating healthy. As you saw on this week's episode of the reality TV show *Newlyweds: The First Year*, I set up a "food intervention" with our good friend and personal trainer Biani. The goal is to bring a little more awareness to what Kirk was eating and help him make some healthy alternative food choices.

Related Link: [Kirk and Laura Knight Prepare For Tonight's Premiere of Bravo's Reality TV Show 'Newlyweds'](#)

K: Being so out of shape really made it difficult to get through the pilates class. I'm even more out of shape than I thought – this is going to take a lot of work! During the intervention, I was trying to make light of the situation by stealing some candy and requesting that the girls cook with their shirts off. In order to get healthy, I think I'm going to have to take this more seriously!

Reality TV Stars Talk About Becoming Parents

K: On top of all the pressure I feel to lose weight and get into shape, Laura is really ready to start a family and have a baby. She brought up the "baby" discussion over dinner, and I just feel like I need a little more time. We have a very free life filled with traveling and having fun, and I know that a baby will change all of that. So I want to make sure that we are both on the same page. To add to the current pressure, we attended a family party where everybody in attendance had only

one goal: to make sure that we are planning on having a baby.

Related Link: [Kirk Knight of Bravo's 'Newlyweds' Details His Hawaiian Honeymoon and Reveals Possible Baby Plans](#)

L: Kirk and I have spoken many times about starting a family, but it seems that we are a little off on our time frames. Hopefully, we can get on the same page soon because I want to be a mommy...

What's up next for this celebrity couple? Tune in to the realty TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

Kirk Knight of Bravo's 'Newlyweds' Details His Hawaiian Honeymoon and Reveals Possible Baby Plans





By Kirk Knight

After spending an entire year planning a wedding, Laura and I were ready for some serious R&R on our honeymoon to Hawaii, our favorite tropical paradise! Our journey across the Pacific took us to Maui, Kauai, and the “big island.” Each island has its own distinct character, and we immersed ourselves in the Aloha culture as soon as we stepped foot off the plane. We are adventure-seekers and spent our days swimming with sea turtles, whale watching, surfing, hiking through bamboo forests, and touring the islands via helicopter. It was truly a fantasy vacation, and now, a little piece of our hearts will forever be in Hawaii.

Related Link: [Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip](#)

Kirk and Laura Knight's Romantic Honeymoon Airs on Bravo

Coming back to the states from such a beautiful honeymoon is a

little shocking to the system, but we quickly rejoined our daily life. The holidays were upon us, and we had much to do. Laura had sent me out to run some errands for a party we were hosting, and wouldn't you know, that's when I get the call from my favorite fish store that a new order of tropical fish arrived. Trying to be as sneaky as possible, I stopped by to pick up a couple of fish before the party. Unfortunately, my wife knows me a little too well and busted me as soon as it happened. The party turned out great, though, so in the end, all was well in Bethesda, Maryland!

For the most part, Laura and I share the responsibilities we have in the relationship with the exception of house work; that's where Laura picks up (literally) everything. We do have a maid, so she doesn't do it all by herself, but I really don't do much. Okay, I do no housework! I guess we're still trying to figure out the balance of chores.

Reality TV Star Hints There May Be Celebrity Baby News in the Future

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Meanwhile, I have been test-driving Corvettes. I love sports cars, and since this brand new model came out, I have been dying to get one. So I met up with my father to drive one of these beauties. And guess what? I want one! Laura and I are having many discussions surrounding the purchase of the car. Being married means that we have to agree on the big decisions, and this is an area where I really don't want to compromise. As you'll see on *Newlyweds*, my beautiful wife has a different focus in mind: kids.

Will there be a [celebrity baby](#) in this reality TV couple's future? Tune in to Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

Bravo Reality TV Star Kirk Knight Reveals Details of His Unforgettable Wedding Day



By Kirk Knight

Here we are, days before the wedding, and Laura and I can feel the stress levels rising. From the beginning, we wanted to be extremely hands-on in planning our big day. We chose not to hire a wedding planner and only hired a day-of coordinator instead. We wanted to go through every detail and make it completely ours as we told the story of our [relationship and love](#). Laura and I work well as a team and share very similar

tastes; however, we are still in disagreement about whether we keep the “Knight” or not... This is one of our first battles, and I really don't think I'm giving in on this one!

Reality TV Star Talks About His Wedding Day

It meant so much to me for my two teenage sons to be a part of our wedding. My boys were the first two people I told, and I was so proud to ask them to be a part of it. The boys have always loved Laura and knew she was The One for me. Over dinner, I told them I was proposing, and Trevor said, “Dad, this is the best decision you have ever made.” Aidan said, “I am really proud of you.” Yes, I cried at dinner in front of the entire restaurant – and fairly uncontrollably at that (they wouldn't be the last tears I shed.)

Related Link: [Kirk and Laura Knight Prepare for Tonight's Premiere of Bravo's Reality TV Show 'Newlyweds'](#)

As I mentioned in last week's blog, Laura tragically lost her brother shortly before we met. This was the darkest time of her life, and I could see the pain in her eyes everyday. She battled to come to terms with his death, and as most people can attest, it takes a long time. I felt very helpless but tried to comfort her and be a good friend. The friendship we formed from us sharing so many intimate details of our lives is the foundation and basis of our beautiful relationship and love.

***Newlyweds: The First Year* Couple Celebrates Their Relationship and Love**

On the big day, I was nervous and excited, and I hadn't seen

Laura yet. As we had planned, I would first see her when she was walking down the aisle. Everything was in place, and it was time for the ceremony to start. The strings were playing, and everyone stood as Laura entered the room. When I saw her walking towards me, I thought two things: First, my boys were right; this is the best decision I have ever made. Second, hold back the tears and keep it together! As we began to say our vows, I tried as much as possible not to cry, but I knew that wasn't going to happen. What can I say? I'm an emotional guy.

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This week, we are off to our honeymoon! But when we come back, the daily decisions that are a part of being a married couple start testing us.

Don't forget to tune in to Newlyweds: The First Year tonight at 10/9c on Bravo!

Kirk and Laura Knight Prepare For Tonight's Premiere of Bravo's Reality TV Show 'Newlyweds'





By Kirk Knight

Laura and I started our relationship and love just outside of Washington, DC on a true blind date. Normally, neither one of us would entertain the idea of a real blind date – especially without even a social media drive by. Armed with nothing more than each other's names, we set up a date for afternoon coffee in Bethesda, Maryland. I remember waiting in front of the coffee shop, looking at each woman that walked by worried that a "blind date" may be a really bad idea and a waste of time. Just then, I saw this absolutely beautiful woman walk up to the coffee shop.

The Beginning Of A Relationship and Love

It was Laura, and she made a visual impression that lasts to this day. After sitting down, we started talking about everything. Two and a half hours later, she not only had my attention but my heart. I would say it was love at first sight, but I feel that cheapens what it was. It wasn't just the sight of her; it was our conversation, her warmth, her

heart. She is what I could only describe as the feeling of “coming home.”

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I grew up in the DC area, and Laura is from Florida (two completely different cultures). I have two teenage sons and a large and very close family. We quickly learned how much we have in common, how our interests are so similar, and how much we both value family. Six months prior to meeting me, Laura had lost her brother to a drug overdose in an addiction battle that lasted years. She was devastated, but I felt like it brought us closer. It allowed us to share very intimate feelings with one another and bond in ways most people may not get a glimpse of so early in a relationship and love.

Laura was new to the area and mostly stayed busy with her insurance brokerage business, Silver State Law Pro. We both had a lot going on and spent the next few years getting to know each other, traveling, and having the best time of our lives. I knew I wanted to marry Laura from early on, but I really wanted to build on a strong foundation for our love. After three and a half years, I proposed to Laura, and we got married on November 15, 2013 (with a beautiful ceremony, if I do say so myself).

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Being on the Reality TV Show *Newlyweds*

As a married couple, we have been busy merging our lives and trying to juggle 100 things at any given time. I own Knight Investments, a commercial real estate consulting company, and the start-up Internet and mobile app company Razzd.com,

which allows people to argue about any topic or headline and have the public vote on who's right and who's wrong. It's a really fun venture, but it takes a lot of my time. We have such a great relationship, but together, we own three companies and film a reality TV show. Plus, I'm launching my start-up. We are facing some major life decisions: Should we have kids? If so, then when? Should we move out of the city? I'm used to our very free life and wonder how we can handle all of the changes and challenges being a married couple brings...

Watch Kirk and Laura's story unfold on Bravo's Newlyweds: The First Year, premiering on tonight at 10/9c!