

# Actress Nia Long Talks Surprise Pregnancy



When forty-year-old Nia Long visited the doctor to receive a yellow fever shot in preparation for a movie she was slated to film in Ghana, she was shocked and pleased by the news of her pregnancy. “I almost fainted. It was the best moment and the sweetest surprise ever,” she told [UsMagazine.com](http://UsMagazine.com). Long’s first child is her 10-year-old son, Massai Jr., who she had with ex-boyfriend Massai Z. Dorsey. This will be her first child with NBA player Ime Oduka.

**How do plan for an unexpected pregnancy?**

**Cupid’s Advice:**

An unexpected pregnancy doesn’t have to be scary. A child is the greatest gift a couple can receive. Here are some ways to prepare for that surprise bundle of joy coming your way:

**1. Focus:** While it may be scary, you have to put everything else on the back burner and focus on your baby. There is plenty of time left in your life to accomplish your goals. Reprioritize your life in order to give your future child the best life possible.

**2. Support:** You can't do this without support. Tell your family and the father-to-be as soon as possible. These people can guide you down the road ahead and help you plan for those unexpected roadblocks.

**3. Take care of yourself:** Make sure you're eating right and taking care of your (and your baby's) body. Realize that everything that you do while pregnant affects your child.

**How did you deal with your unplanned pregnancy? Share your experiences with a comment below.**