

# Parenting Tips: 5 Tips for Co-Parenting



By [Rachel Sparks](#)

As if being a parent isn't enough stress, actively parenting with an ex can be a high stress situation that seems to have no silver lining. You ended your relationship with that person for a reason, yet you have to find a way to keep things not only civil, but open and respectful for the sake of your child(ren). How can you rock co-parenting as well as [celebrity exes](#) like Drew Barrymore and Will Kopelman?

**Check out Cupid's parenting tips**

# for co-parenting like a rockstar!

## Cupid's Advice:

Remember that even in a marriage, people make sacrifices for their children. Being a parent is about focusing on the needs of your children before your own. Arguments, even among couples living together, should not be in front of children. A lot of the practices you had as a couple parenting together are still the same now that you co-parent with your ex, with a few additions. Here's our [parenting advice](#):

**1. Pick your battles:** We've all heard this, but it's worth a reminder. Heck, put a stick note on your mirror with this on it every morning, it's that good. As much as your ex may grate your nerves, is every battle worth fighting with them? The end goal is the same for everyone, including the children and the exes: everyone wants to have a good time with their family. Is that little insult really worth the fight?

**Related Link:** [Former Celebrity Couple Kate Hudson & Matt Bellamy Reunite for Son's Birthday](#)

**2. Share info about the kids:** Too many times one parent stops communicating with the other. Remember even the non-custodial parent wants to know how the kids are doing in school. Share important things like doctor visits, grades, and important dates to ensure both parents know what's going on with their kids. The children will appreciate it more than they will ever tell you.

**3. Don't use your kids as messengers:** Kids shouldn't be asking who they're spending the holiday with, if they can get money for school clothes, or if they're in trouble for their bad grades. Basically, kids shouldn't be the ones delivering this news. Always communicate with your ex, even if you dread it. Let the kids be kids.

**Related Link:** [Learn How Celebrity Exes Blac Chyna & Rob Kardashian Are Co-Parenting & Working on Themselves](#)

**4. Respect the kid's time:** Look, as parents we tend to be pretty nosy. Ultimately, we want to make sure our children are having a good time, but are also safe and learning the best lessons. If you don't necessarily trust an ex (they are an ex for a reason) it's normal to want to pry into the time the kids had with their other parent. Don't. That's special time they have and that should be respected. If there is anything wrong, more than likely, they will let you know on their own.

**5. Single parent means alone time:** There's a lot of challenges to being a single parent. Even if you do remarry, there's a whole new set of challenges. Co-parenting offers a unique opportunity to have the highly coveted alone time, something so allusive to most parents. Enjoy the precious moments you have to yourself while the kids are with your ex. You will value yourself and your time more, the time you do have with your children, and likely even your ex for allowing you to have time alone.

**Whether you're a novice or have several years of experience at co-parenting, what lessons have you learned? Share your advice below!**

---

**5 Celebrity Chef Brunch Recipes to Try This Weekend**



By [Rachel Sparks](#)

Brunch is the perfect way to recover from a late night or the best way to start a late morning. Often starring traditional breakfast proteins such as eggs, bacon, or ham, brunch is a more filling option than breakfast and more savory than a light lunch. Try these recipes this weekend to help you, and anyone else, have a speedy recovery from weekend festivities or as the start (or end) of a weekend [date idea](#).

## Try these five celebrity chef recipes for your Sunday brunch this weekend!

1. [Sarabeth Levine's Goat Cheese & Arugula Frittata](#): There's something about the word "frittata" that scares people, but



you shouldn't worry. Frittatas are one of the easiest, low maintenance egg-based meals you can make. Scramble the eggs in a bowl, pour into an already warm pan, toss in goat cheese crumbles, arugula, and seasoning, and bake on low for thirty minutes. It's easy but delicious.

**Related Link:** [Exclusive Celebrity Interview: 'Food Network' Host Claire Robinson Says, "Food is the Key to Passion"](#)

2. [Suzanne Goin's Breakfast Sandwich](#): This open faced sandwich features brioche, prosciutto, gruyere, and a fried egg. All that means is fancy bread, pork, and cheese served with a fried egg on top. Sound fancy with this fast, high quality breakfast sandwich. Add arugula for a sprig of green and a slice of tomato for an extra juicy, savory bite.

3. [Sam Crannell's Poached Egg Over Roasted Asparagus and Ham](#): This brunch is worthy of a white tablecloth and a mimosa. Slow cook the ham to help it soak up all of its own fat for a tender texture and rich flavor. Blanch (a fancy term for partially cooking in a boiling pot of water) the asparagus and then sauté to help them remain crisp even as they brown. Top with a poached egg. Once you crack open that extra runny yolk, you'll have a plate worth licking.

**Related Link:** [Dating Advice: Mario Batali Shares His Tips For Cooking at Home on Date Night](#)

4. [Classic Israeli Shakshuka](#): This Israeli classic is as easy to make as the frittata. The traditional recipe is eggs poached in a tomato sauce, served family-style in the cast iron pan. Make it more brunch-like with shreds of ham, sliced arugula, and goat cheese crumbles. Any variation you make will be delicious!

5. [Alton Brown's Eggs Benedict](#): If you haven't heard of Alton Brown the food genius, you're missing out. Aside from his food science shows, Brown is known for his shows *Cutthroat Kitchen* and *Iron Chef*. His resume is intimidating, so we trust

him with this classic. The trick for Eggs Benedict is perfecting the Hollandaise sauce, so be prepared to have a carton of eggs (or two) as you learn. But once it's perfected, this is the celebrity status brunch everyone will love.

**What are your all-star brunch dishes? Share your recipes below for more mouth-watering ideas to try!**

---

## Celebrity News: Demi Lovato Has Dating Advice For Fans



By [Rachel Sparks](#)

Demi Lovato, formerly part of a six year [celebrity couple](#) with Wilmer Valderrama, recently shared her [relationship advice](#). According to [People.com](#), Lovato admits to being open to both men and women for a long-term relationship. Lovato's biggest advice for young people: there's a lot of life ahead for people, so don't let past decisions define your current identity.

## **This celebrity news is something we can all take to heart. What are some ways to know if you're in a healthy relationship?**

### **Cupid's Advice:**

When we fall in love we often ignore signs from our S.O., friends and family, and even ourselves. Not all signs are bad. How do you know if the person you're with is the right one? Here is Cupid's dating advice to help you recognize that you have a keeper:

**1. They know your comforts:** When we have a bad day, are cranky, or don't feel well, having someone know just the way to make you feel better makes all the difference. If your S.O. knows what movie, food, drink, music to prepare to make your day better, that shows they've paid attention to you and they care about helping you.

**Related Link:** [Celebrity Couple: 10 Reasons Chrissy Teigen and John Legend are Relationship Goals](#)

**2. They talk about your day:** We love talking about our days with the people we care about, but sometimes it's hard to keep up with all of the details. If your partner is actively

trying, asking questions, and responding, they care. They may not remember everything, but active attention shows an investment.

**Related Link:** [Relationship Advice: How Far Will You Go for a Relationship?](#)

**3. Small things:** Who doesn't love a lavish display of affection? But those small details that make life better for you are really the signs of a loving relationship. If your partner prepares coffee for you before bed, a small task that says a lot, keep them around.

**How do you know if your partner is a keeper? Share your dating advice below!**

---

## **New Celebrity Couple? Sarah Hyland & 'Bachelorette' Star Wells Adams Are Seeing Each Other**







By [Rachel Sparks](#)

*Modern Family* meets *Bachelorette* as new [celebrity couple](#) Sarah Hyland and Wells Adams celebrate Halloween *Stranger Things* style. According to [UsMagazine.com](#), Hyland and Adams had been flirting publicly on social media for some time, causing fans to speculate about their relationship. It wasn't until the two posed as gender opposites Eleven and Mike Wheeler from the Netflix hit on Sunday, October 29 that the couple confirmed their status.

**There may be a new celebrity couple to follow! What are some ways to announce your new relationship to family and friends?**

**Cupid's Advice:**

Sharing your new love interest with people you care about is a big deal. You want your friends and family to love your new

S.O. just as much as you do. How you choose to introduce your partner to everyone sets the tone for their relationship with your new partner and how the two of you move forward as a couple. Here's Cupid's [relationship advice](#) for the important meet-and-greet:

**1. Let's boogie:** During the holidays, parties abound. Bringing your new partner to a celebration is almost an instant win. Everyone is having a good time so the reception is much more likely to be a positive one, plus it lets your love interest see just how much fun your family is.

**Related Link:** [Celebrity Couple News: Kourtney Kardashian & Younes Bendjima Getting 'Very Serious' & enjoy Date Night in L.A.](#)

**2. Family Outing:** Halloween means pumpkin patch visits. With Thanksgiving a close follow-up, rounding out with Christmas and New Year's, apple pickings, fire pit gatherings, and shopping sprees are the perfect time for the whole family to be together. It's also the perfect time to drag along your partner. Everyone is together, excited to be planning for the holidays, and your partner may get something out of it in addition to meeting your family.

**Related Link:** [Celebrity News: Is Anna Faris Dating Again After Split From Chris Pratt?](#)

**3. Dinner party:** It's such a classic, but food is one of the core ways people bond. Across cultures, generations, politics, or religion, food is central to gatherings. Keep everyone fed and calm with an exquisitely cooked home meal. Time your meals to avoid too many awkward silences.

**How do you introduce your new S.O. to your friends and family? Share your ideas below!**

---

# Fitness Tips: 5 Couple Exercises That Are Worth the Sweat



By [Rachel Sparks](#)

Now that the holidays are over, we're no doubt regretting some of those holiday treats we consumed. The cold keeps us in, the sweets come out, and we're juggling between moments of extreme stress and joy with friends and family so our eating habits are erratic at best. Right after that came the new year with the promises we made to lose the weight we gained over the past couple of months. Let's break that cycle *now* by taking a

cue from [celebrity couples](#) like [Jennifer Lopez](#) and Alex Rodriguez and start working out with our S.O's.

## The hottest fitness tips start with you and your partner breaking a sweat together.

Working out makes us feel great about ourselves, but make it even better by doing it with your partner. Celebrity couples who work out together boast of strong bonds with their partner. There's nothing but good reasons to exercise with your partner, so grab them up off the couch and get going!

**1. Hiking:** We're starting easy and free (usually). If you or your partner are new to the exercising world, hiking is a great way to cheat the mind into thinking you're not working out. You can control your path, mileage, and speed so it's a great way to get into shape with a motivating view.

**Related Link:** [Let Your Partner Be Your Inspiration to Getting and Staying Fit](#)

**2. Kayaking:** Another way to trick those who hate traditional exercise into getting active involves another outdoor sport—kayaking. Most rental kayaks offer an option to share a two-butt kayak. It's a great workout for the arms and it challenges your communication and teamwork.

**3. Rock Climbing:** Let's keep it safe and stick with indoor rock climbing gyms until that confidence and strength has built up. The latest celebrity trend involves rock climbing gyms, but beware that there's a fair amount of trust involved. Your partner usually holds onto the rope that keeps you secure as you climb. When your arms start shaking, there's no better feeling than your S.O. cheering you on.



**Related Link:** [Celebrity Interview: Celebrity Trainers Sebastian and Danielle Lagree Talk Famous Clients, Relationships, and Love](#)

**4. Kick Boxing:** Don't do this when you're mad at your S.O. Or at least, don't miss the bag as you throw your anger-fueled upper cut and knock your partner in the teeth. It's a great way to relieve stress and learn self-defense in addition. Take turns on the offense and defense and offer each other constructive criticism. Hot celebrity couple Chris Hemsworth and Elsa Pataky are known to practice kick boxing together.

**5. Yoga:** Yogi's make intense positions look effortless, but be warned: there is a fair amount of knowledge and practice that goes into this sport. Couples who practice together help strength fine-tune muscles and flexibility. Bonus: you can do some really cool arial tricks together. [Adam Levine](#) and his wife Behati Prinsloo have been pictured holding plank together. And yes, holding your favorite position is an integral part of yoga.

**How do your workout with your partner? Share your ideas below for fitter couples!**

---

## Parenting Tips: Co-Parenting During the Holidays





By [Rachel Sparks](#)

The holidays are meant to be a time for family, friendship, and joy, but for a lot of families there's the stress of a divided household. Co-parenting can be stressful even at the best of times, but not everyone has an amicable relationship with their ex. Celebrities like [Reese Witherspoon](#) and [Jennifer Lopez](#) set high standards for what co-parenting looks like, and not all of us can reasonably achieve such a peaceful situation.

## **Read Cupid's parenting tips to navigate holiday stress.**

While you may want to have your child(ren) on the exact day of the holiday, it's fair to assume your ex does, too. If you divide the holiday in half, then you don't get to enjoy all of your traditional celebrations without feeling rushed. So, how can you and your kids enjoy the holidays stress-free? Here's Cupid's [relationship advice](#):

**1. It's about the kids:** Remember this as you feel frustrated with your ex's time demands. Any time with a parent is seen as magic for your kid, so don't spend that time being angry or disappointed. Remember, too, that kids can sense when you're upset, so put aside emotions when you're interacting with your ex to show the kiddos that mom and dad can get along.

**2. Set up a routine:** Children thrive off of routine, but so do co-parents with busy schedules. What's more, if a schedule has been written, it cuts down on emotional communication about the holidays. If not, then work on compromising holidays with your ex and setting up a schedule you can both respect. It will take a lot of pressure off of future conversations.

**Related Link:** [Co-Parents: See How Stars Manage to Raise Their Children Post-Split](#)

**3. Find effective communication:** If seeing your ex's face makes you want to hit something, consider an alternative way of communicating. Again, remember that co-parenting is still about raising a happy and successful adult. Shouting wars will not be conducive to the lessons you teach. If even hearing their voice makes you cringe, resort to e-mail; it's impersonal and typically gives an air of professionalism.

**4. Terminology:** Everyone knows to watch what you say about your ex in front of your kid, but also think about *how* you say something. Instead of saying, "This is my ex," which likely brings up a painful history for your child, say, "This is my child's father/mother." It allows the child to take ownership and pride in their parents, something every child and parent wants.

**Related Link:** [Parenting Tips: How to Cope With Stress](#)

**5. Try parallel parenting:** Co-parenting requires both parents to remain pretty active in not only their child's life, but their ex's. Parallel parenting is still being involved with your kid, but keeping it hands off and at a distance with your

ex. Communication is at a minimum and when the kids are at your house, it's just about you and them, not what the other parent is doing.

How have you dealt with co-parenting during the holidays?  
Share your advice below!

---

## Celebrity Style: Boots You Can Rock in the Winter



By [Rachel Sparks](#)



Earlier this year, we got a glimpse of the fashion trends that were coming for fall and winter, and though what to wear on our upper bodies is always important, what to wear on our feet is sometimes even more exciting. [Elle.com](#) released the hottest boot trends that walked down the runways. Latest celebrity styles range from crimson statement kicks to waist-highs. There's more to rock than the classic black ankle boot.

## How can you rock the hottest celebrity styles this boot season?

Boots during winter is like *Starbuck's PSL* for fall: you can't have one without the other. As much as we love the classic black boot, we're setting them aside for this year's best celebrity fashion trends:

**1. The disco ball boot:** Brighten everyone's day while rocking the glitter boot. Pair it with black pants or a red jacket for a dramatic rock star look. Celebs rocking it: Celine Dion, [Rihanna](#), Blac Chyna, and Cardi B.

**2. The scrunchy look:** It can be casual or that sexy messy look. Wear it over pants, with a dress, or an extra long T-shirt; you can't go wrong. Celebs spotted wearing these: [Reese Witherspoon](#) and Hillary Duff.

**Related Link:** [Celebrity Style: Walk Into Fall in Dr. Marten Boots](#)

**3. Hiking boots:** Capture that edgy take-over-the-world look with redesigned hiking boots. We've seen them studded, with six inch heels, and in any color. Match with jeans, tights, or a long sweater. No matter how you wear it, you will look like a celebrity. Karlie Kloss, [Taylor Swift](#), and [Beyonce](#) rock this look.

**4. The red statement:** Red is the new black this winter season.

Make a statement in black with a splash of red or bring out the accents in your favorite patterned outfit. These boots are being spotted with just about any outfit. Our favorite looks: Hayden Panettiere's classic look or [Gwyneth Paltrow's](#) quirky risk-taking.

**Related Link:** [Fashion: Celebrity Style Shoes for Affordable Prices](#)

**5. 70's Suede:** It seems like this fashion statement never died, and we're loving the timeless factor of it. Paired with dresses or pants, it's a fun-night-out kind of boot. Wear it short like Reese Witherspoon or knee-high like [Kim Kardashian](#).

**How would you wear these hot boot styles? Share below!**

---

## **Celebrity Wedding: John Stamos & Girlfriend Caitlin McHugh Are Engaged**





By [Rachel Sparks](#)

According to [UsMagazine.com](#), former *Full House* star John Stamos proposed to his girlfriend, actress and model Caitlin McHugh, on Sunday, October 22 and she said “yes.” The happy ex-bachelor posted on Twitter, Instagram, and Facebook an image of a couple in front of the Disney castle with an emoji of an engagement ring. Stamos, excited about his own upcoming [celebrity wedding](#), tweeted, “And we lived happily ever after.”

**It’s about to be a *Fuller House* with this celebrity wedding in the works! What are some unique ways to pop the question?**

**Cupid’s Advice:**

Your own proposal may not be the [latest celebrity news](#), but that doesn’t mean it shouldn’t be special. Today everyone is finding creative and fun ways to pop the question. Cupid has

some ideas:

**1. Dinner at home:** We're not ditching the dinner proposal, just modifying it. Cook up an amazing dinner at your own pad or rent a special location. You have control over the environment, unlike in a restaurant, so set the mood with lighting, scents, music, and artwork. Make a pillow fort in front of the TV for after-dinner relaxation and cuddle time.

**Related Link:** [Should a Woman Propose to a Man?](#)

**2. Make an adventure book:** It's easier than ever to use pictures you've taken of you and your partner to make a high-quality picture book. It's a cute and thoughtful gift that celebrates the two of you, and at the end is the perfect surprise.

**Related Link:** [Valentine's Day Special: Men's Health and TheKnot.com Report: 1 in 4 Brides Didn't Love Their Proposal](#)

**3. Disney themed:** Who hasn't dreamed of being a Disney character at some point? Use your favorite Disney movie as inspiration to pop the question with style. Find a rose and serve it on a platter with an engagement ring to make your S.O. feel like Belle. It's the perfect way to start your own happily ever after.

**What are your dream proposals? Share your ideas below!**

---

## **Beauty Trend: 5 Face Masks to Try**





By [Rachel Sparks](#)

Fall is coming. That means sugary delights, flavored coffees, chunky sweaters, and all those knits you've been dying to wear for the past six months. That also means dry skin, and what's worse than a flaky face? Celebrities like [Kendall Jenner](#) always have glowing skin, despite the season. How do they do it?

**Follow this beauty trend, and check out our winter season face mask recommendations for all your skin care needs.**

Our skin needs change as seasons move on. Age, hormones, stress, and make-up all add their set of troubles. When

choosing a mask, focus on what your skin needs and what issue you want to target. Whatever your concern, be it wrinkles, hydration, brightening, lifting, or acne, we've got your introduction to masks.

**1. Honey and coconut mask:** Soothe those winter wrinkles with this double-power hydrating mask. Winter dries you out and no matter your age, those cold winds wear down the skin. Give your skin a break by re-hydrating, brightening, and lifting with a honey coconut mask.

**Related Link:** [Beauty Tricks: 7 Ways to Maintain a Young-Looking Face](#)

**2. Moisture bomb:** For ultimate hydration, try a sheet mask. Sheet masks are the newest beauty trend and are worth trying; you'll fall in love! They cool, soothe, hydrate, and decrease puffiness. For extra hydration, don't wash your face immediately after taking off the mask; let your skin soak up as much moisture as it can.

**3. Brightening mask:** Brighten your skin for that healthy summer glow all winter long. Look for paraben, sulfate, and phthalate-free masks to avoid further chemical pollution. Continue use weekly, or as needed, until you find your skin to have that photo-ready glow.

**Related Link:** ['Botched' Star Dr. Paul Nassif Launches New Anti-Aging Skincare Line](#)

**4. Purifying mask:** Clay masks used to be all the rage, and for this clarifying option we urge you to return to that trend. Letting the clay rest on your skin brings toxins to the surface, and whether it's a peel or scrub off type of mask, both options rid your skin of contaminants for a clear complexion.

**5. Mud firming treatment:** Mud masks are great outside of the spa, too. They pull the skin inward, tightening loose sections

and reducing age lines by years. reproduce spa day at home for a return to a younger version of yourself.

How else do you combat the winter-weathered look on your skin? Let us know in the comments below!

---

## Celebrity Break-Up: Robert Pattinson & FKA Twigs Split, But Maybe Not for Good



By [Rachel Sparks](#)

After two years of engagement, [celebrity couple Robert](#)

[Pattinson](#) and FKA Twigs have taken a break. According to [People.com](#), the couple hadn't seen each other in two months. Between Twigs' new album and Pattinson's press tour, time and distance have been a strain and led to a [celebrity break-up](#). But don't worry, as Twigs has kept the engagement ring and Pattinson admits, "That's the girl he wants to marry." We may see the couple reuniting soon.

**This celebrity break-up is the here and now, but it may not be forever. What are some factors to consider when it comes to on-again off-again relationships?**

#### **Cupid's Advice:**

Like this celebrity couple, sometimes breaks are necessary. People change and it's important to realize who we are before we can go back. But does that mean you should go back? Is lost love always lost? How do you decide what's best? Read our [relationship advice](#) below:

**1. Know what you want:** Monogamous, long-term relationships are not for everyone. There's no right or wrong to what makes you happy, but you need to know what does. If you're ok with an on-again off-again relationship, stay the course. If each break-up tears you down a little more, it's time to reevaluate. You deserve what makes you happy, but it starts be knowing what that is.

**Related Article:** [Couple News: Robert Pattinson Says He & FKA Twigs Are Still 'Kind Of' Engaged](#)

**2. Know why it ended:** Some relationships end for good reasons. While the end is painful and often leaves you wanting



to go back, take a moment and reflect on what caused the end. Is it worth going back to that?

**Related Article:** [Robert Pattinson's Celebrity Love FKA Twigs 'Really Wants Kids' Says Source](#)

**3. Who do you want to be?** What does the future version of yourself have to do with your current relationship status? Everything. Imagine who it is that you want to be. Does your partner support that? Does the relationship hold you back from that vision? The only way to become the person you envision is to start acting like you're that person now. If someone distracts you from that vision, realize it's not what you need and move on.

**Have you been in the on-again off-again cycle? What helped you make up your mind? Share below.**

---

# Celebrity Wedding: Justin Timberlake Pens Wife Jessica Biel a Love Letter for 5th Anniversary





By [Rachel Sparks](#)

Amidst all of the chaos in our lives, what's more inspiring than the love letter between [celebrity couple Justin Timberlake](#) and [Jessica Biel](#)? Marking five romantic years together on Thursday, October 19, Justin sang Leon Russell's "A Song For You," the song the couple danced to as newlyweds. According to [UsMagazine.com](#), both Justin and Jessica claim to be incredibly lucky for marrying their best friend. Thanks guys, for showing us true love. You've raised the standard.

**This power duo is celebrating their 5th celebrity wedding anniversary. What are some ways to make your anniversary special?**

#### **Cupid's Advice:**

It's important to celebrate milestones, especially when it's shared with someone who means so much to you. You don't want

to make your anniversary feel like any other [date night](#), so how can you feel like a celebrity couple the way you and your S.O. deserve? Cupid has some tips:

**1. Destination vacation:** This doesn't have to be far away or overly glamorous. In fact, the closer to town and the more you feel like a local, the more unique the experience. Plus, it's kind on the wallet. Book Airbnb in the next town over. Try the local food, experience the history, and see if the sunset (or sunrise) looks different than from your own town.

**Related Article:** [Couple News: Meghan Trainor Celebrates One Year Anniversary with Daryl Sabara](#)

**2. Engage the senses:** Choose a small gift for each of the five senses, either something your partner has been asking for or something you can do together. Get creative and spread the gifts throughout your celebrations to keep the anticipation and excitement building.

**Related Article:** [Celebrity News: Check Out Keith Urban's Adorable Anniversary Message to Nicole Kidman](#)

**3. Find an heirloom:** What is something you and your partner are both passionate about? Do you love to compete with each other at chess? Splurge on a fancy chess set. Find the passion you share and indulge in the best so that you can celebrate each time you spend time together. Start creating your legacy as a partnership.

**What are some unique ways you've celebrated your anniversary? Share in the comments below!**

---

# Celebrity Chef Recipes to Try this Holiday Season



By [Rachel Sparks](#)

As if you aren't busy enough decorating the house, caring for visiting family, and trying to find the perfect gift, holiday dinner parties are the last thing you have the energy to prepare for. Celebrity chefs at popular restaurants have upped the ante with their gorgeous and unique plates, but some have been generous enough to share their secrets for easy prep-to-plate recipes to help you find the time to join the holiday fun.



# Try these easy celebrity chef recipes for this holiday season to make meals at home taste like something from a celebrity restaurant.

Try this menu top to bottom to find that much needed time for you and your family during the holidays, or as a menu for a nice winter [date night](#).

1. [Chef Daniel Boulud's Braised Carrots with Thyme](#): Wait. Carrots as an appetizer? Yes. You haven't tried these. Thyme and carrots have a natural affinity for one another that makes these flavors best friends. Trust us. Braise, sauté, or our personal favorite: oven roasted. For a real treat, add brown sugar or maple syrup to the carrots in the oven for an extra burst of savory caramelization.

**Related Article:** ['The Chew' Host Carla Hall Talks About Thanksgiving Dinner and Date Night](#)

2. [Chef Joël Robuchon's Two-Mushroom Velouté with Crème Fraîche](#): The hardest thing about this dish is the French pronunciation. Once you get that down you can impress your friends with this super easy soup. Velouté is the French term for brown gravy. Add crème fraîche (the whipped cream of cheeses) and voilà: an earthy, savory variation of the standard cream of mushroom soup.

**Related Article:** [Tips for a Happy Friendsgiving](#)

3. [3-Ingredient Turkey with Sage and Orange](#): As part of a three-ingredient series, this dish from *Epicurious.com* is an easy way to mix up a Thanksgiving tradition. Sage, a classic cold-weather herb, is brightened by the juxtaposition of the

sweet and tangy orange.

**Related Article:** [Top 10 Halloween Treats for Your Mate That Won't Ruin Their Waistline](#)

4. **[Bratäpfel mit Walnusseis](#)**: Say what? Translation: walnut stuffed baked apple in a white wine bath. We're leaving France and heading east to Germany for this boozy dessert. No holiday is complete without apple somewhere and this three-ingredient dessert is an easy toss-in-the-oven type that lets you schmooze after a scrumptious dinner.

5. **[Cran Royale](#)**: What better way to end the night than with a much-deserved cocktail? This menu hasn't used the holiday staple of cranberries yet, but for good reason. Fifteen minutes gives you a homemade cranberry syrup to personalize this classically-flavored cocktail for the holidays.

**What are your secret survival recipes for the holidays? Share them below.**

---

## **Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16**





By [Rachel Sparks](#)

Spurred by the onslaught of sexual harassment confessions from thousands of women this past week, [Reese Witherspoon](#) admitted that her first experience happened when she was 16, and it hasn't stopped. [UsMagazine.com](#) reports that Witherspoon spoke up during the Ell Women in Hollywood event, which was hosted by Calvin Klein and L'Oréal, on Monday night, October 16. In recent [celebrity news](#), thousands of women from just as many industries shared their stories on Twitter, using #MeToo.

**This celebrity news is very disheartening. What are some ways to support a partner who has been sexually assaulted?**

**Cupid's Advice:**

Unfortunately, it is a distressing reality that you or someone you know has been sexually assaulted at some point. Younger

people especially lack the tools in which to deal with this; however, no matter how old you are, it is difficult to process and heal from this kind of trauma. Cupid has some [relationship advice](#) so you can support your partner:

**1. Open up:** Silence welcomes our inner demons. Don't allow yourself or someone you know to suffer alone. We all speak up at different times and in different ways, but sharing our pain helps ease the weight.

**Related Article:** [Parenting Tips: Way to Talk to Your Kids About Sexual Abuse](#)

**2. Be there:** You may not be able to do much, but staying by someone's side has a lasting impression. They may not say much, and it can be discouraging to feel like you aren't helping, but stick it out with them. Your presence could be the strength they need.

**Related Article:** [Celebrity News: 'Bachelor in Paradise' Premiere Addresses DeMario Jackson & Corinne Olympios Scandal](#)

**3. Bump it up:** Sometimes you won't know what to do, but you know the situation is bad. Whether someone is suffering so much they present a harm to themselves or you're worried it could happen again, seek out someone you trust. Even if they only offer another safe place, building that support network is critical to healing.

**It's an extremely difficult topic, but creating a sense of community helps others heal. What advice do you have to offer others? Be brave. Be strong. Share below.**

---



# Prince William & Duchess Kate Reveal Due Date for Celebrity Baby No. 3



By [Rachel Sparks](#)

Revealed via Twitter, Kensington Palace shared the due date for [Prince William](#) and Duchess Kate's third bundle of joy. This celebrity baby, expected in April 2018, was kept under wraps until September 4. According to [UsMagazine.com](#), the royal couple decided to reveal their pregnancy because of a missed engagement due to [Duchess Kate's](#) crippling morning sickness. We have no doubt the media will be camped out at Kensington Palace all spring until the big reveal of the new addition!

# This royal celebrity baby is arriving in April 2018! What are some ways to decide timing when it comes to having children?

## Cupid's Advice:

When baby fever hits, how do we know it's the right time? Kids are a serious, lifelong commitment and require more hours in the day than we have. While we may not all have celebrity babies, we understand that all couples, including famous couples, have to decide when it's the right time:

**1. The puppy rule:** We've all seen those happy couples who adopt a puppy and then announce their pregnancy a couple months later. Puppies, like babies, require late nights, selfless dedication, and constant attention. Can't handle a puppy yet? Hold off on those cute tiny toes until you can give all of yourself.

**Related link:** [Celebrity Baby News: Duchess Kate Gets Bump Shamed](#)

**2. How's that career looking?:** While not as demanding as a newborn, cultivating a stable and successful career takes a lot of time and dedication. As cute as those chubby cheeks are, wait until you can focus your time on your new baby and have the support from work.

**Related Link:** [Prince William and Kate Aspire For The Simple Life](#)

**3. That monster, debt:** We've all been young, holding our first glossy credit card. There's appeal in swiping and getting what you want, but you have to pay for it at some point. As we get older, we accumulate student loan debt, car

payments, mortgages, and medical bills. Even if you only have a few of these, think month by month. Will you be able to give your child everything you want them to have?

When baby fever hits, sometimes we can't say no. What are some other factors you consider before planning for your own bundle of joy? Start the discussion below.

---

## Celebrity Wedding: Joe Jonas & Sophie Turner Are Engaged



By [Rachel Sparks](#)

According to [UsMagazine.com](http://UsMagazine.com), matching Instagram posts revealed that DNCE's vocalist and former boyband heartthrob Joe Jonas and *GOT*'s star Sophie Turner are officially engaged. The couple revealed the pear-shaped diamond on Sunday, October 15 to many warm congratulations. The [celebrity couple](#) dated for less than a year before upgrading their relationship to an engagement.

## There's another Jonas celebrity wedding in the works! What are some ways to personalize a marriage proposal?

### Cupid's Advice:

Guys or gals, everyone dreams of those milestone moments in our lives. To ensure your proposal is just as unforgettable as this celebrity couple's, make sure you and your partner knows what the other wants. For the beginning of your romantic adventure, here is our [relationship advice](#):

**1. Public party or intimate moment:** Some people like the spotlight and some want privacy to celebrate. Know in advance how each of you would like to pop the question to truly celebrate this moment together. Remember, this sets the dynamics for the rest of your relationship.

**2. Ditch the diamond:** Diamonds aren't always a girl's best friend. Be fearless and find a gem, cut, or band that makes a statement unique to you and your significant other. As a symbol of your relationship, the ring serves as an opportunity for bragging about how great you two are together.

**3. Switch roles:** Today, women are fighters more than ever. We get what we want because we have the freedom to make it happen ourselves. Why limit this to careers? Bend a knee to



your man and take control of your relationship the way you want it.

**What are your dream proposal ideas? Inspire others and comment below.**