

# Single in Stilettos Show: What Attracts a Man?

On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about what attracts a man. A self-proclaimed serial dater, he started out by helping his friends and family with their love lives – and now, he's here to help you! We all know that every man is attracted to different things, but there are some qualities that catch the attention of all guys. For instance, men like women with positive and pleasant attitudes as well as women who are independent and have their own lives.

**Related Link:** [What Women Don't Know About Men](#)

Listen up for more great dating tips!

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**What do you think is the #1 trait that attracts a guy? Tell us in the comments below!**

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## A Hole in My Heart

By Patricia Bubash for [Hope After Divorce](#)

A June wedding invite came in the mail for my husband and me this week. Ahhh, I think June is still the month for weddings, although I have read that October is quickly matching it for the month chosen by brides.

I met the groom-to-be a couple of years ago at a film festival where the documentary produced by him was being previewed. Dan

and the other two creators of the film *Give a Damn* had decided in their mid-twenties to travel to one of the poorest countries in Africa. This film was to bring awareness to the world, to encourage those who saw the film to be proactive, to become involved in whatever manner they chose to be involved.

The three filmmakers would make their way from the Midwest to Europe feeding themselves on only \$1.25 a day for each. When they could, they hitchhiked; flights to Europe and Africa came out of fundraising money. Once there, they shared lodging, food, living arrangements with the poorest of poor, constantly filming, telling a story for the world. I watched in amazement, awe, and great respect what they had documented, their immersion into extreme poverty.

At an age when most young adults are just beginning their careers, these three chose to live in uncomfortable, unpleasant, inconvenient, and even horrific circumstances and conditions. I wanted to hear more of their story, so I arranged to have breakfast with the two who were available. Dan arrived before David, and as we chatted, we discovered that he had attended a school where I had counseled part-time. He told me that he had also attended Rainbows, a divorce group for kids within the school. It was a program that all the counselors in the district utilized.

He went on to share that he was an only child, and in the fifth grade, his parents divorced. Not an unusual story, but what has transformed a first time meeting, a casual relationship, into an ongoing friendship, a wedding invite, is Dan's following words: "I was very close to my mother, and when she divorced my dad, she just left, went away. It left a hole in my heart."

Although Gwyneth Paltrow has been getting a lot of publicity with her "conscious uncoupling" approach to divorcing when children are involved, it does not take away the pain and

sadness that kids feel when their parents breakup. They have feelings too, and their feelings are often not considered nor are their voices heard.

**Related Link:** [The REAL Reason that Gwyneth Paltrow and Chris Martin Split](#)

I have listened to many children's stories, wiped their tears, and reminded them that "things would get better" as they coped with their parents' divorce. Dan's words reached such an emotional cord with me. Before me sat a young man who had been part of an extraordinary project, was way past fifth grade, did not know me, and had shared something so personal.

I felt that I had been gifted with his openness. He went on to tell me that he had participated in counseling beyond the Rainbows into his adult years. He had found his niche through church and his church friends. They were his support and his family.

Finding a faith, friends, a church family, and a cause had been Dan's personal "hope after divorce." I have always been bothered by adults who express that kids are resilient, that they will be just fine with the divorce, remarriage, or blending families. No matter what age, children are emotionally affected by the end of family composition as they have known it. It shakes their sense of security and stability.

They often fear that one parent will no longer be in their life. They worry that they will have to move, lose their friends, will have to change schools, and like Dan, feel a hole in their heart.

**Related Link:** [To Move or Not to Move? Why This Decision Is Tough on Kids](#)

I have often reflected back on our conversation, as a counselor and a divorced mother. I wondered if my kids were in

conversation with Dan, would they share the same feeling of loss at the time of my divorce from their dad? What I do know is that I am so grateful for my relationship with Dan and for the compliment of an invitation to his wedding. I think Dan is quickly – and effectively – filling the hole in his heart.

The sharing time I had with Dan really did touch my heart so deeply. He is marrying a young woman who has a child – and I think he will be good at filling her little boy's heart.

*For more information about Hope After Divorce, click [here](#).*



*Patricia Bubash received her M.Ed. in Counseling from the University of Missouri, St. Louis. Working with students and families has been her true calling for over thirty years. For more than twenty years she has presented workshops at the community college on a variety of topics relating to parenting issues, self-esteem and issues relative to divorce. Patricia is a Licensed Professional Counselor in the state of Missouri and, a Stephen Minister. She*

*submits a variety of articles related to relationships, marriage and divorce to several internet sites, and, frequently, is interviewed on internet radio stations. Volunteerism, writing and family are most significant in her life. Patricia writes for DivorceSupportCenter.com, HopeAfterDivorce.org, CupidPulse.com, andFamilyShare.com. She can be reached at [patriciathecounselor@successfulsecondmarriages.com](mailto:patriciathecounselor@successfulsecondmarriages.com). Follow Patricia on [www.facebook.com/patriciathecounselor](http://www.facebook.com/patriciathecounselor).*

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# Find Out How Strong Women Can Find Love in 'The Alpha Woman Meets Her Match'

By Brittany Stubbs

Although the 21st century has made it seem like ambitious women often end up alone, Dr. Sonya Rhodes assures us that this message is completely false. In her new book *The Alpha Woman Meets Her Match: How Today's Strong Women Can Find Love and Happiness Without Settling*, the relationship therapist argues successful, modern, career-driven women can meet The One without changing – and she shows them how.

Rhodes advises women to look past the overly competitive, domineering alpha male and instead find a man who's in touch with his inner beta qualities – someone who is communicative, responsible, thoughtful, and collaborative. Demonstrating that most people are a combination of *both* sets of qualities, she includes a revealing test to help readers define where they (and their partners) are on the spectrum.

## First of all, what inspired you to write about this concept?

I was finding more and more of my clients were identifying themselves as alpha women. Most had devoted their twenties to their education and careers, and they now wanted to shift their focus to dating and finding a life partner. They were very daunted by the messages in the media, saying that it was too late for them and that they should've married sooner, and they panicked.

This idea is actually nonsense though. When I started doing research to help them, it turns out that women are getting married between the ages of 30-45 now more than ever before.

They haven't missed the boat! And furthermore, even better news, you decrease your chance of getting divorce for every year you delay marriage.

Another aspect that inspired me to write this book was identifying one of the main problems my female clients were having: They were going for the alpha male. They thought the macho, traditional, breadwinning guys were the right matches for them. But that's not the case, because these strong women need a *partner*, not a boss.

**Related Link:** [Avril Carruthers Reveals How to Maintain 'Freedom From Toxic Relationships'](#)

**So you encourage your clients and readers to look for a beta man. Can you describe the beta man and tell us why his qualities are important for an Alpha woman?**

The beta man is accommodating, not compliant. He is assertive but not confrontational. He has a strong work ethic, but he's not a workaholic. While alpha men are often threatened by strong women, beta men aren't. Their egos are strong enough that they can support ambitious women, which is why I've began to refer to the beta man as the "new catch" for the alpha woman.

**When it comes to dating, females are often told to "be the woman" in the relationship. What is your response to the advice that you have to act like a "lady" in order to get a "gentleman?"**

The term "act like a lady" is so retro because what it means to be feminine today has changed. In 97 percent of the cities in America, single, college-educated women under the age of 30 are making more money than men. This is not only a startling and inspiring statistic for women, but it shows that the feminine role is no longer a narrow, scripted identity. Similarly for men today, they're becoming just as comfortable changing diapers as women. So the whole gender role dynamic

has changed; no one has to fit into a box anymore.

When it comes to how to act in a relationship, don't hide who you are. There's nothing wrong with showing that you're a strong woman. The guys who are scared off or intimidated by successful women are not the guys for you. Of course, there's a point where you can become a negative alpha, which I talk about in the book as well, where you're too bossy and domineering...but this behavior is not desirable in women or men.

**Your book includes a quiz that allows readers to determine what level of alpha or beta they are. Why did you feel it was important to include that in the book?**

I developed the gender neutral continuum quiz to help you find out what ratio of alpha and beta you are because *everybody* is a mix of alpha and beta characteristics. There are two major purposes for this graph: First, it informs you of what your personality traits are and helps you improve yourself. If you rank as a very high alpha, you can develop your beta more. It gives you the tools to help you grow.

Second, it helps you choose a partner who is a good fit for you. If you're very alpha, you want a partner that balances you out by being more beta.

**Related Link:** ['A Million First Dates' Author Dan Slater Offers New Insight about Online Dating](#)

**We often think of alpha women as the ones that have that corner office and successful career. Can you still be an alpha woman if you choose to *not* be the breadwinner of your family?**

Absolutely. These women are all over, whether working in an office, organizing the PTA meetings, heading up volunteer work, or running their families. The alpha title is not limited to career women but to strong, confident women who

stand up for what they believe.

*To learn more about strong women finding love, purchase The Alpha Woman Meets Her Match. To get more advice from Dr. Rhodes, check out her new Huffington Post Blog, [www.huffingtonpost.com/dr-sonya-rhodes/](http://www.huffingtonpost.com/dr-sonya-rhodes/).*

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# What to Do When Your Parents Hate Your Partner

By Brittany Stubbs

No matter how great your partner may be, when your family doesn't get along with them, there's going to be some serious complications. Not only does this create issues and tension in your romantic relationship, but in your relationship with your parents as well. Whether you still live at home, see your parents every weekend, or just on the holidays, you're going to face difficulties if they're not supportive of your significant other.

**1. Consider your parents' concerns:** There's a reason for the old saying "love is blind." When you're dating someone you truly care about, it's easy to not see some of the warning signs regarding your partner or your relationship. Try and take a step back and see it from a more objective point of view. You might be surprised what a little open-mindedness can help you discover in your relationship.

On the other hand, consider if your parents' negative opinions about your relationship actually have anything to do with your partner. Have your parents had a tendency to hate all the



people you've been in past relationships with? If so, this might be less about who you're dating, and more about you dating in general.

**2. Discuss your parents' concerns:** It's important you communicate with your parents. Whether you understand their reasons for disliking your partner or not, you should at least be considerate and hear out their issues and concerns. The calmer you approach the situation, the better the discussion will go. Getting down to the bottom of their reasons for disliking your partner can not only help you have a better understanding for your parents opinions, but can also help you realize what it will take to change their minds when necessary.

**3. Discuss with your partner:** After discussing and evaluating your parents' issues, communicate with your partner. Despite your feelings towards your parents' opinions, it's important you at least share their reasons with your partner. Be open without making your partner feel attacked. Do they understand or see some truth to the concerns discussed? If your parents' concerns are minor, is your partner willing to fix or change certain things?

**Related:** [How to Get Over the Relationship Blues](#)

**4. Discuss and consider the opinions of outsiders:** Whether it's a professional counselor or friends from work, it can be helpful to discuss your situation with people that are not directly involved. What is their response to your parents' concerns and/or your significant others' behavior? If you're discussing with a friend who has been around your partner for a good amount of time, do they see some of the issues your parents are experiencing? Or are they fully supportive of your relationship? Considering the opinions from an outside party might help you see the situation in a new light.

**Related:** [Do Your Friends Influence Your Relationship?](#)

**5. Evaluate and make YOUR decision:** After discussing and considering the views of everyone else, it's time to step back and evaluate the relationship a final time for yourself. Are your parents' issues justified? If so, can you change/fix them? If not, is your partner worth the tension that will continue to build in your relationship with your parents? Despite the opinions of your parents, partner, and friends, you have to choose what is best for you and your happiness.

**What are some other things to do when your parents aren't fans of your new partner? Comment below.**

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## **Cupid's Weekly Round-Up: Preparing for Parenthood**

By Maria Darbenzio

Spring has always been known as a time for new beginnings. If you and your partner are expecting a baby, it's best to be prepared in every sense of the word. Whether this is your first or fourth child, it helps to read up on pregnancy and parenting. We pulled together five articles from our partners to help you on the journey ahead:

**1. Go green:** Earth day is right around the corner, and these celebrity moms are doing everything they can to do their part. Whether it's eating organic or purchasing recycled goods, every little bit can help protect Mother Nature, so why not get your children started young? Simple choices, such as cloth diapering, can go a long way. (CelebrityBabyScoop.com)

**2. Stay active:** Being the healthiest you can be can be incredibly important to both you and your unborn child. While

you won't be able to go hard at the gym anymore, that doesn't mean you have to give up your workout altogether. Check out this set of pregnancy friendly exercise moves to keep you active and moving. (GalTime.com)

**3. Break from routine:** When it comes to raising a family, it's easy to get comfortable and find yourself in the same routine. In order to become a better parent – or person in general – sometimes, you need to break from that routine and walk a different path. This can include anything from physical activities to expressing unique ideas and opinions. If you're confident in yourself, your children will grow up with you as a role model and structure themselves in the same way. (YourTango.com)

**4. Sleep train your infant:** It's no secret that the first few months are going to be full of sleepless nights, but at four months, the baby is developmentally ready to be put on a schedule. That means sleeping peacefully through the night for both you and your little one. What parent doesn't want that? Take a look at this article to find out more! (GalTime.com)

**5. Live your dreams:** Some people put a lot of focus into becoming a parent. Comedian Mike Myers was no different. In the previous years, he stated that fatherhood was something he always dreamed of. His wife has made that possible for him – not once, but twice. The couple welcomed a son in 2011 and a daughter earlier this week. (YourTango.com)

**In what ways did you prepare for a baby? Let us know in the comments below!**

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# Date Idea: Get Off the Beaten Path

By Gabby Robles

Grab your honey and get environmental! Our Earth is so beautiful, but with our busy schedules, we can forget how amazing it actually is. Lace up your sneakers and get ready for a good old-fashioned clean up with your man.

**Related Link:** [Date Idea: Volunteer Your Time Together](#)

This date can really bring out the fun, romantic, and philanthropic side of your beau. It'll open your minds as a couple and help you see all the beauty that's in the world. You'll both notice the little things and experience something wonderful while also helping the green environment for the better. With the crisp, fresh air and the regrowth of plants all around us, we can really feel the need to give back to our planet, and now is the perfect time to do it!

Thanks to Earth Day on April 22nd, there will be plenty of organized clean ups taking place. Some areas focus on hard trails, while others prefer sunny beaches. The choice is your's, and once you both decide where you want to go, search for a nearby spot. A company like [CleanUpTheWorld.Org](#) is very helpful for finding activities and events in your area

But don't just go and get dirty! Scope out some future date spots too. You might find that you like that quaint area of the park or a sweet part of the beach. When you expand your horizons, you'll discover new things about yourselves, and doing this activity together will help you grow as a twosome. You might even want to continue joining clean ups after Earth Day! Maybe you'll make it your new "thing."

**Related Link:** [Jay-Z and Beyonce Raise \\$1 Million at Fundraiser](#)

You'll be starved afterwards, so grab some lunch with your sweetheart at a local restaurant. While there, talk about more ways you can help the environment and about your favorite part of today's clean up.

There are other, simpler ways to take care of the environment too: You can donate your recyclables or plant some fresh trees at a city park. The sky's the limit – just be sure to keep it clean!

**We want to know: How are you spending Earth Day this year? Share with us below!**

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## **Screwing the Rules Video Dating Tips: Communicating About Tough Topics**

By [E!'s \*Famously Single\* Dating Coach, Laurel House](#)

### **Dating Advice from E!'s *Famously Single* Laurel House on Talking About the Tough Things**

**Related Link:** [Dating Power Tools](#)

In this week's [dating advice](#) video, dating expert and

E!'s *Famously Single* dating coach, [Laurel House](#) helps you answer the age-old question: Are you good in bed? If you're not sure, the best thing to do is just ask. The key, though, is removing your ego. "This is not about blowing smoke. You're not fishing for compliments. You're looking for constructive criticism," House shares. "But if you can't handle the truth, don't ask for it."

*For more information about our dating mentor, click [here](#).*

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**Cupid wants to know: How do you approach the tough topics with your partner?**

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# The REAL Reason that Gwyneth Paltrow and Chris Martin Split

By Sarah Christensen Fu

Unless you're under a rock, you've probably heard that Gwyneth Paltrow and Chris Martin recently consciously uncoupled. It's a bummer—I thought they were the golden couple that would shame all other Hollywood divorcees by going the distance. The truth is that it's not surprising they split if you look at their astrological compatibility. The REAL reason they split is because Gwyneth, a Libra, and Chris, a Pisces, are **completely star-crossed**.

First, and foremost, let's take a look at Chris's horoscope

(this is copied directly from *Bad Birthdays: The Truth behind Your Crappy Sun Sign*):

*March 2: "Men are only as faithful as their options," said comedian Chris Rock. The Pisces ladies and gentlemen born on March 2 find themselves evaluating their options regularly, sometimes consciously and sometimes subconsciously. They love their partner deeply but can't help but fall prey to other sets of batting eyelashes and whispered sweet words from soft, cherry-like lips. Best to lock March 2 natives in some sort of cage if you plan to maintain a relationship with one.*

Basically, Gwyn could have done everything right, and still lost her mopey Pisces poet to exotic temptations. However, Gwyneth brought her own share of icky personality traits to their relationship: she was born on September 27th, making her a vain, pretentious, wishy-washy Libra. No amount of money, class, live-in nannies, or self-righteousness, could have made this love match comfortable enough for people with this couple's sexiness and financial means to suffer through the rest of their miserable lives together.

**Related:** [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

At the core, Libras are obsessed with the thrill of the chase. While Pisces has a deep romantic streak, they are rarely proactive hunters when it comes to romantic interests. Gwyneth basically ended up playing a pathetic, partnerless game of Cat and Mouse, which I guess is just called "Mouse." Aw. On top of that, Libras born on September 27th have a competitive, determined fire in them, which would explain why Gwyn has tried so hard to be the best mother, wife and GOOP founder on the planet. If Chris had been supportive of all of those endeavors, the two may have found a way to remain the reigning king and queen Hollywood royalty. However, in his Piscean way, Chris very likely criticized and whined about Gwyneth's stupid lentil and lemon soup and her annoying GOOP colleagues—he

actually may have literally gotten sick when she told him she planned to use the term “conscious uncoupling” to describe their split.

**Related:** [Cold Feet Before the Wedding? Reasons to Use Your Head](#)

Sigh. They were doomed from the start. However, if you, like me, are still feeling a little low about this celebrity breakup, you should find comfort in the fact that Gwyneth Paltrow and Chris Martin probably had hotter sex during their marriage than many, many other celebrity couples. One thing's for sure: the Libra/Pisces combination emits a whole lotta sparks before it explodes and catches fire, burning everything down with it.

***Sarah Christensen Fu** is a Virgo (incredibly high-strung and mostly a pain). She lives in Colorado with her husband and three kids, whose astrological signs cause a great deal of chaos and neuroses around the neighborhood. Visit her at [www.hey-sarah.com](http://www.hey-sarah.com).*

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## **Singles in Stilettos Show: Are Men Intimidated By Independent Women?**

On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship strategist Joe Amoia about whether or not men are really intimidated by strong and independent women. While that may be the case, there's a chance that you're making the biggest and most common mistakes made



by career women, including: acting too self-sufficient, bringing masculine energy on a date with you, lacking vulnerability, and more.

**Related Link:** [Joe Amoia Reveals Quick Fix Dating Tips that Don't Work](#)

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**What's the most common mistake that career women make? Share your thoughts in the comments below!**

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# Isabella Brewster Is Expecting with NBA Player Husband

By Louisa Gonzales

Isabella Brewster is expecting! According to [UsMagazine.com](#), it was recently announced on Sunday April 13th that Brewster and husband, NBA star Baron Davis, are going to have a child. The news was made public in an Instagram pic when the former CAA agent wished a happy birthday to her "Love, Husband and Baby Daddy." This exciting news comes just three months after Brewster and Davis said their vows in January and almost seven months after Brewster's older sister and *Fast & Furious* starlet Jordana Brewster had her son Julian with husband Andrew Form.

**What are some factors to consider when you want to have a child?**

**Cupid's Advice:**

Deciding to expand your family is both a challenging and rewarding experience. There are a lot of new lessons and teachings that comes from having kids, so before you do so, there are many things you need to think about. Here are some factors to consider when you want to have a child:

**Related Link:** [Jason and Molly Mesnick Say Their Daughter Has "Quite a Silly Personality"](#)

**1. You're financially stable:** One of the most important things you will have to think about is money. Children are expensive, as you have provide and take care of them. If you're not ready to support or offer the proper security for a child, then you may want to wait for time where you are more financially secure.

**2. You've discussed your plans:** Who's going to take care of the baby? How do you want to raise your child – what traditions, values or beliefs? These are important questions you need to discuss with your partner *before* you have the child because it will help decide if you're both ready.

**Related Link:** ['Mad Men' Star Kevin Rahm Is Expecting a Baby Girl with Wife](#)

**3. It's the right step for your relationship:** A child requires a lot of time and focus, and for a while, your relationship may have to take a back seat. What that means is you might not be able to do things like traveling or enjoying solo dinners out. If you and your honey understand all the added pressures and sacrifices but also the joys, you can handle anything together.

**What do you think are some good factors to think about when**

you're considering to have a child? Share your tips below.

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# Ginnifer Goodwin and Josh Dallas Tie the Knot

By Louisa Gonzales

Ginnifer Goodwin and costar Josh Dallas take the next step toward happily ever after! According to [UsMagazine.com](http://UsMagazine.com), the couple exchanged vows in a private and low-key wedding ceremony on Saturday, April 12. This is the *Something Borrowed* star, first marriage and her now husband second. The *Once Upon a Time* newlyweds look happier than ever and were all smiles for the photographers, spotted at a friend's house in L.A. the day after they tied the knot. Goodwin, 35, is currently pregnant with their first child and Dallas, 32, reportedly said on Good Morning America that they both "can't wait" to welcome their child to the world.

**How do you decide the right time to get married?**

## **Cupid's Advice:**

Marriage is considered to be a big milestone and significant moment in a couples relationship. Deciding if you are ready to take that next big step and get hitched comes at different times for every person. Cupid has some advice on how to decide if it's the right time to get married.

**1. It's something you both want:** If you and your partner have discussed the topic of marriage before, chances are you are both thinking about it. Another thing you hopefully discussed when it came to marriage, is if it's something you can both

potentially see in your future. Getting married is a big deal, so to make sure you are both ready and be sure to talk about it and see if your views and ideals on marriage are the same and if not if you can work through them.

**Related:** [Ginnifer Goodwin Is Expecting a Baby with Co-Star Josh Dallas](#)

**2.The timing is right:** You know what they say, timing is everything. When you decide to get married it should be at the right time in your lives, where you are both stable and in a happy relationship. Other things you might want to think about are, if you are both financially secure and are at points in your life where you're ready to make the move from dating to engaged to married.

**Related:** [Sara Gilbert and Linda Perry Tie the Knot](#)

**3. You can see yourself growing old with them:** If you are thinking about long term plans with your lover, chances are you know that person is it for you. Much like love, when you know you know, and you can just feel it. Have you sat and thought about it you can bring it up to your significant other and see if they feel the same way and if they do, getting married could be just the right thing for your relationship to grow and evolve further.

**What do you think are some ways to decide if it's the right time to get married? Share in the comments below.**

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**Jamie            Chung            and            Bryan**

# Greenberg Show Some Poolside PDA

By April Littleton

Jamie Chung and her new fiancé Bryan Greenberg attended this year's Coachella Music and Arts Festival together. "They were hugging from the side and holding hands while sitting on neighboring floaties in the water," an insider told [People](#). "They would often give each other forehead kisses. They were cute."

**How do you show the one you love you care?**

## **Cupid's Advice:**

It's important to show the person you care about how much they mean to you. You don't want them to feel unappreciated, or alone in a relationship. You don't have to spend an incredible amount of money to prove your love and loyalty. After all, it's the little things that count. Cupid has some advice:

**1. Spend some time:** Make an effort to spend as much time with your significant other as possible. Take the initiative and plan a few dates – especially if your partner is always the one who ends up setting up the activity schedule.

**Related:** [Scarlett Johansson Reveals Why Romain Dauriac Is Right for Her](#)

**2. Say it:** Don't put a limit on how many times you tell your honey you love him/her. Those words mean everything to a person, and it's always nice to hear. Also, don't be afraid to show your partner your feelings through hugs, kisses, hand holding, etc.

**Related:** [Inexpensive Ways to Say 'I Love You'](#)

**3. Support:** Show your significant other you support all of their life goals and dreams. Push them to go after what they want, and be by their side when they're feeling down. Be their number one fan. Nothing says how much you care more than by showing your partner you'll always be in their corner rooting for them.

**What are some other ways to show the one you love you care? Comment below.**

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## **'The Bachelor' Juan Pablo Galavis Shows Affection to Nikki Ferrell in Instagram Photo**

By Sanetra Richards

Progress is being made! *The Bachelor* Juan Pablo Galavis posted an affectionate photo with girlfriend Nikki Ferrell earlier this week, where he made sure the word "love" was loud and clear in the caption. The 26-year-old pediatric nurse's back is facing the camera, showing off a shirt that reads, "Pediatrics... our patients are cuter than your patients." The caption said, "Mi Catira @nikki\_ferrell LOVES her JOB and thats ONE of the things I LOVE about her... #NikkiTheNurse." According to [UsMagazine.com](http://UsMagazine.com), the post is just a few days after it was reported that 32-year-old Galavis finally voiced his love to Ferrell. An insider told *Us* that the reality TV star "has told her, 'I love you,'" and that the two "Skype and text every day and are in constant contact."

# ***The Bachelor* Juan Pablo Galavis flaunts his celebrity love on social media. What are some ways to show your love for your partner in public?**

## **Cupid's Advice:**

Professing your love is just the first step to showing your partner affection. So, what's the next? Doing it publicly! It may be challenging, but with Cupid's [love advice](#), you will be an affection expert in no time:

**1. Be physical:** Take a cue from Galavis and don't be afraid to show your significant other how much you love them. A simple kiss on the cheek or a hug will do. If you are walking or standing beside each other, hold their hand. Small gestures like these will not only let others know you are happily in love, but they'll also give reassurance to your partner.

**Related Link:** [‘Bachelor’ Stars Juan Pablo Galavis and Nikki Ferrell Seek Couples Counseling](#)

**2. Make it Facebook official:** Nowadays, the easiest way to find out someone's relationship status is to go right to Facebook. Changing your status from single to in a relationship is another way to make it clear that you are off the market and glad to be with your love. If you want take it a step further, post a status in reference to your relationship and love or pay them a compliment.

**Related:** [Nikki Ferrell's Ex Says She ‘Normally Wouldn't Take That’ from a Guy](#)

**3. Introduce them to family and friends:** We all watched Galavis introduce his celebrity love to his family and

friends, which can be quite nerve-racking. They can be either critical or accepting. However, wanting to make that move shows just how much you care.

**How do you show your love for your partner publicly? Share your thoughts below.**

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# Find Out Who 'The Other Woman' Is in Theaters April 25

By April Littleton

After a woman discovers her boyfriend is married, she struggles to put her life back together. While in the process, she accidentally meets her boyfriend's wife (played by Leslie Mann), and the two end up becoming friends. They discover the man of their dreams has been unfaithful to both of them with a third woman, and work on a plan to get their revenge.

## Should you see it:

Cameron Diaz, Leslie Mann and Kate Upton star in this film. If you think you'd enjoy seeing them on the big screen, you might want to give this movie a chance. Also, *The Other Woman* would be a nice break from the thrillers, horror and action films that have been released recently.

## Who to take:

Guys might not be a fan of this movie except for the fact that there are plenty of beauties to view. *The Other Woman* will be



more enjoyable with a group of girlfriends, or some family members.

## **How do you deal with a cheating partner?**

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

The idea of a cheating significant other is hard to deal with. How can someone you love be unfaithful to you after you put in so much work in a relationship with them? Should you stay with your partner or call it quits? Cupid is here to help:

**1. Process the information:** When you first hear the news about your partner being unfaithful to you, your first thought might be to end the relationship without asking any questions first. However, you don't want to make any drastic decisions you'll end up regretting later. Give yourself some time to fully process the information you received. Then, after awhile, move forward with what you want to do next.

**Related:** [Chris Evans Returns in the Sequel 'Captain America: The Winter Soldier'](#)

**2. Confrontation:** You need to ask your significant other about the cheating allegations. However, asking is unnecessary if you already know firsthand that the information is true. You still will need to confront your partner about what you know. Get their side of the story, and see what they have to say for themselves.

**Related:** [Celebrities Who Have Gotten Back Together After a Cheating Scandal](#)

**3. End the relationship:** You can choose to stay, but your partner obviously doesn't feel the need to stay faithful to you. You don't need to be in a relationship with someone who doesn't understand the concept of loyalty. You deserve better, and you'll find exactly what you need after you decide to leave the jerk behind.

How did you deal with a cheating partner? Share your experience below.

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# Inexpensive Ways to Say 'I Love You'

By Maria Darbenzio

You don't have to break the bank to show your significant other how much you truly care about them. When it comes to money, let's face it, not everyone has a chunk of extra spending money on hold for elaborate gifts. There are plenty of ways to say 'I love you' inexpensively or without spending anything at all. Keep your relationship and bank account in check with some of these ways to express your love and appreciation.

**1. Alphabet of appreciation:** Take the time to write down the ABCs of love for your partner. All you need is a pen and a piece of paper. For each letter, list something that you love about your sweetie until you've gone through all 26 letters. At the end, sign it with a kiss and leave it somewhere you know he'll see it.

**Related:** [5 Ways to Have a Stress-Free First Date](#)

**2. Mirror messages:** Before your sweetie wakes up to take a shower, take a q-tip and Rain-x anti-fog to write a cute message on the mirror. When they step out, the fog will form everywhere except your little note, leaving them with a nice little surprise to start their day. If you have no use for the

Rain-x afterwards, you can go a more traditional route instead with the use of lipstick writing. It may be a bit on the messier side, but it gets the point across just the same.

**3. Post-it notes:** Much like the alphabet of appreciation, write down what you love about your partner or how much you can't wait for them to get home from work. Slip them into their wallet, in their car, or into their briefcase. Spread them around so they can keep finding them throughout the day. It's an easy way to keep a smile on their face all day long.

**4. Romantic dinner:** Everyone loves a nice romantic home cooked meal. The time and effort alone shows just how much you're willing to do for your significant other. Whether you chose to cook together as a couple, or you surprise you hunny with a hot meal as they walk in from work, it's a classic way to show your love. Don't forget to light some candles and grab a bottle of wine to tie it all together.

**Related:** [Find Out What Romantic Thing Aaron Paul Tells His Wife Every Day](#)

**5. Rent a movie:** In the age of Netflix and On Demand television, "renting" a movie has never been easier. Cuddle up with a blanket, and your sweetheart, on the couch and pick a movie you've both dying to see. If you're up to date with the latest films, why not take a jump back in time to watch some of the romantic must-see movies. Grab some popcorn and watch the romance between Tom Hanks and Meg Ryan blossom in *You've Got Mail*.

**What are some inexpensive ways you show your love? Tell us in the comments below!**

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# Jennifer Garner Says She and Ben Affleck Make Lives Work in 'Boring Way'

By Sanetra Richards

Ben and Jen have proved themselves to be a normal married couple, despite the title of "celebrity." According to [UsMagazine.com](http://UsMagazine.com), the actress talked about the busy life her and husband Ben Affleck lead, but how they manage to balance it all: "I'm pretty selective [over roles]," Garner shared with reporters at the premiere of *Draft Day* on Monday, April 7<sup>th</sup>. "Everything that comes my way – the first thing we do is talk schedule, location," she said. "I sit down with a calendar with my husband and in a very boring way, detail every single week... and what's possible and if it can work out or not."

**How do you keep your relationship stable and strong?**

## **Cupid's Advice:**

A relationship is similar to a full-time job: you constantly have to put in the work and not become lazy, or else the job's primary goal will not be done properly. Being able to progress with your significant other is all about whether or not the partnership is stable and strong enough. Cupid has a few tips on how to keep these aspects between you and your honey:

**1. Listen to each other:** It is perfectly OK to just sit back and hear what your partner has to say . . . and then pitch in your suggestions or ideas. Beware of letting it go in one ear and out of the other – actually take in what they have to say and vice versa. Your partner will feel more at ease to come to you with any problems or issues they may find themselves running into.

**Related:** [Ben Affleck Says Wife Jennifer Garner Is 'the Most Important Person to Me'](#)

**2. Be supportive:** Constantly speak words of encouragement. It will give them (and you) that extra boost. If your partner has a huge project coming up and he or she is nearly pulling their hair out, be there to calm them and cheer them on. Consistently doing little things like this will make a ton of a difference in your relationship.

**Related:** [Ben Affleck Says He and Jennifer Garner Are Done Having Kids](#)

**3. Address problems:** You may think some issues are not worth talking about . . . WRONG! Be honest with your partner on what is bothering you or what is possibly setting the relationship back. Respectfully talk it out and hear each other's side. Then figure out a solution and act on it, as a team.

**What are other ways to keep your relationship strong and stable? Share your suggestions below.**

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# Cupid's Weekly Round-Up: Documenting Your Love Story

By Maria Darbenzio

It's always nice to sit down and talk about how much your love has blossomed since you first met. Since spring is in full bloom, this is the perfect time to take a look back at your relationship. You and your partner can even create a special book to write down and document the moments you've most enjoyed with each other. We've pulled together these five

articles from our partners to give ideas on which memories to highlight:

**1. Saying hello:** Every couple has a unique story about how they first laid eyes on each other. Don't let that story fade from memory! Write it down as your own little love story so you can tell it with ease to your children and grandchildren someday. (YourTango.com)

**2. Getting married:** It's time to mark down the day you took your relationship to the next stage: happily ever after. Continue your love story by adding pictures and special memories from the magical day you tied the knot. Attach little trinkets to the pages such as dried flowers or confetti to add an even more personal touch. (GalTime.com)

**3. Picking out your first pet:** There comes a time in almost every relationship where you become the parents of a cute little animal. Whether it's is a puppy or a kitten, your first pet together is just as special as a child. Pets, much like children, need lots of love and affection, so this can be a good opportunity to see how your partner will be as a possible parent. They'll also be there to snuggle on days when your sweetie needs to work late. (GalTime.com)

**4. Having children:** Having children together is a big step in a relationship whether you chose to go through pregnancy or adopt. These little bundles of joy will be your beckon of hope in the darkest of storms, so they deserve a special place in the documenting of your love story. Read how this family became advocates for adoption and how parenting has changed their relationship for the better. (CelebrityBabyScoop.com)

**5. Learning lessons:** Each relationship has their fair share of lessons that have been learned over the years. Writing these down can also give you something to look back on if your children ever look to you for relationship advice as they get older. Take some time to read through some of these love

lessons and jot down a few of your own. (YourTango.com)

**What special moments would you want to share in your personal love story? Share in the comments below!**

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# **Demi Moore and Bruce Willis Barely Interact at Rumer Willis' Performance**

By Sanetra Richards

Keep the peace! And that is exactly what Demi Moore and Bruce Willis seemed to do. The ex-couple of 13 years remained cordial at their daughter's, Rumer Willis, musical performance at West Hollywood's DBA on Saturday, April 5<sup>th</sup>. According to [UsMagazine.com](http://UsMagazine.com), although the two both attended, they sat at different tables: "They stayed after to congratulate her and chat for a bit," the eyewitness also said, "Bruce and Demi did not interact with each other." One male and two female friends joined the 50-year-old actress for the event, whilst the 59-year-old actor was accompanied by his pregnant wife Emma Heming-Willis.

**What are some ways to keep things civil with your ex?**

## **Cupid's Advice:**

Every breakup comes with a list of things to consider after the split. One of them is occasionally seeing each other (even if not intentionally) after the split. Nevertheless, there are a few ways to maintain your composure and be cordial with your ex. Cupid has some tips:

**1. Inhale, exhale:** The first time you may see your ex will possibly catch you completely off guard (although you probably had a heads up). Remain poised and content. You will make it through the awkward moment.

**Related:** [Find Out About Demi Moore's New Guy](#)

**2. Realize:** You have turned the page and are now on a new chapter. Do not let your past relationship feelings taunt you constantly. Think about the good things that came after your ex, not the ones you experienced while with them. Your happiness will thank you.

**Related:** [Bruce Willis Prepares to Welcome His Fifth Child](#)

**3. Delete:** Harboring those old feelings will not make seeing your ex-partner any easier. Let go of the anger and resentment. You will feel ten times better at the end of the day. Plus, you will not have to look at their face afterwards!

**How do you keep things civil with your ex? Share your thoughts below.**

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# Scarlett Johansson Reveals Why Romain Dauriac Is Right for Her

By Sanetra Richards

Dating someone with a different career than yours is exactly what Scarlett Johansson has chosen to do. The *Vanity Fair* cover girl made it known things are much easier dating a non-actor. According to [UsMagazine.com](#), the *Captain America*



starlet discussed her relationship with French journalist Romain Dauriac, saying, "It is [easier], but it's more than that. We do different things. He's in the whole art-scene world. So it's nice, because we can enjoy each other's worlds, but we don't have our crazy conflicting schedules and all that other stuff to contend with." Johansson went onto joke about her beau: "And, you know, of course, actors, in general, they're obsessed with emotions. Although, [Romain is] French, so he's also probably overly into his emotions." The couple is expecting their first child in August.

**How do you know when you've found 'the one'?**

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

Stumbling upon love is one of the greatest feelings of all time. Admit it, your head is up in the clouds and you have uncontrollable stomach flutters. And if you have not experienced this yet, you are patiently waiting on the moment. However, knowing when you have met that special person that is the reason for your insane feelings always brings up the question "Is he/she the one?" Search no further, because Cupid has some advice:

**1. You can be yourself:** Finding someone who completely accepts you for just being you is similar to finding a needle in a haystack. Fortunately, when that person comes around it is hard to pass up. He or she will laugh at your corny and witty humor, accept your lifestyle, and so on. If you are never hesitant to say what is on your mind or do something completely out of the norm and they value it, chances are you are a step closer to recognizing 'the one.'

**Related:** [Scarlett Johansson Is Expecting!](#)

**2. Everlasting romance:** The googly eyes and butterflies are not meant to end after a couple of months into the relationship. A connection should always be felt between you

and your partner, even if it is years down the line. 'The one' will continuously shower you with affection and appreciation.

**Related:** [Scarlett Johansson Is Engaged to Romain Dauriac](#)

**3. Mutual understanding:** A confirmation usually comes about in certain situations when you and your partner would rather talk out a problem instead of arguing and going at each other's throats; even when conversations begin to evolve and begin to include "we" or "us" instead of "I" and "me" all of the time. If you notice more growth individually and as a couple, guess what? You have probably found 'the one.'

**What are some ways to know you have found true love? Share your thoughts below.**

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# Actor Andrew Dice Clay Files for Divorce

By Louisa Gonzales

Andrew Dice Clay and his wife, Valerie Silverstein have decided to end their marriage after four years. According to [People](#), the legally named Andrew Silverstein, actor filed for divorce in Los Angeles Superior Court and have been separated since March 18. Dice Clay, reportedly said in a statement the divorce not only ended amicably, but was also the best thing for their relationship. He went on to say the term "marriage" was only adding unnecessary pressure to their relationship and now the two have more "love" and "respect" for each other than ever before, they even celebrated their divorce at the restaurant Craig's in West Hollywood.

## How do you keep unneeded pressure out of your relationship?

### Cupid's Advice:

There's no question all relationships need work, but they should also be fun and not that hard. When you want to make someone happy, especially your partner, it can be easy to get lost in unnecessary drama or let yourself freak out about something more than what you should. Cupid has some advice on how to keep unneeded pressure out of your relationship:

**1. Don't focus too much on trying to please them:** It's true every couple has to each put in time and energy to make a relationship work, but that doesn't mean you have to devote all your time and energy to them. Focus less on trying to please them, because it will just force situations and that can make your significant other feel uncomfortable or it can come off as desperate. Just relax and focus on being yourself around them, after all they already fell for the 'real' you.

**Related:** [Richie Sambora Says Ex-Wife Heather Locklear Is 'Still Hot'](#)

**2. Don't Hold onto resentment:** If you're mad or have issues, don't keep them bottled up inside, because if you do it will just continue to build and build until you explode. Talk out your problems right away so you can avoid having a big fight. If you're not fine, don't say you are, the only way for your honey to help you out or for you to work out your problems is by letting them know you have an issue.

**Related:** [Nikki Reed and Paul McDonald Split After 2 Years of Marriage](#)

**3. Don't put them on a pedestal:** It can be hard to live up to people's expectations enough as it is, and you especially don't need it from your lover. We shouldn't have to change to please our sweethearts, nor should you think your other half

is perfect or can do no wrong because the truth is no one is. Don't put too much pressure on the person you are with, it will only make things harder for the both of you.

**What do you think are the best ways to keep unneeded pressure out of your relationship? Share your tips below.**

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## **Single in Stilettos Show: How Do I Find Love and Balance My Career?**

Finding love is hard enough, but when you're working overtime and never leave work on time, it can seem impossible. For this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to life stylist and mind body coach Diana Antholis about how women can succeed at the office and still meet their soul mate.

If you're facing this dilemma, she recommends that you identify your priorities and make time for what's important; be open and tell people you're looking for the right man; pick something new and step out of your comfort zone; indulge in "me" time; and indulge in doing an activity that gives you good energy.

**Related Link:** [Diana Antholis Explains Why He Can't Love You if You Don't Love You](#)

For more information about Single in Stilettos shows, click [here](#).

*For more videos from CupidsPulse.com, check out our [YouTube](#)*

[channel](#).

How do you balance love with your career? Tell us in the comments below!

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# Top 3 Mistakes Women Make in Relationships

By [Marni Battista](#)

As much as we'd like to think of ourselves as relationship experts and place all the blame for failed attempts at love on pure male stupidity, women may unknowingly make crucial slip-ups that land them back in the singles pool time and time again. If you find yourself chronically heartbroken, it's time to take an objective look at your past relationships and 'fess up if you've been guilty of making some of these common missteps. To help you do so, here are the top three mistakes women make in relationships and how to avoid them.

**Related Link:** [Cupid's Weekly Round-Up: Fixing Your Relationship](#)

**1. Trying to Change Him:** We've all heard the age old saying that loving someone makes you want to be a better version of yourself, which is often misinterpreted and manifests itself as the number one mistake women make in relationships. We have a tricky habit of seeing men for the way they could be and not the way they are...and then we give ourselves the mission of being the one who helps them bridge that gap.

If you find yourself inclined to guide your man down a path you've envisioned for him, pause to analyze what small stuff

you can let go or gently encourage. Ultimately, if you're wanting to drastically change someone, this isn't a good relationship for you in the long run anyway.

**2. Acting Passive-Aggressive:** Conflict is bound to arise in even the happiest of relationships, and unfortunately, some of it could leave you feeling upset or put out by your significant other's words or actions. Many of us are guilty of employing the old standby silent treatment or just responding with curt answers, all the while assuming he knows exactly why you're angry and impatiently waiting for a heartfelt apology.

While it can be comforting to a bruised ego to let him sweat it out, squirm, and press for what's bothering you, passive-aggressive behavior will ultimately lead to a loss of respect or a fight without the issue really getting resolved. If you're hurt or have a problem that needs discussing, be straightforward and address it head on.

**3. Not Giving Him Space:** In a relationship where you're feeling either particularly lovey dovey, you can easily slip into the habit of insisting on spending all your time with your man. In the case where you simply cannot get enough of him, remember that you'll appreciate the time spent together so much more if you maintain an active social calendar outside of your relationship. Furthermore, having your own activities and hobbies that you participate in independent of him will make you that much more appealing.

If you're feeling especially drawn to him because he's been withdrawing from you, it could be that he's needing to sort through an internal issue unrelated to the relationship. Men are wired differently and prefer to deal with tough issues on their own rather than reach out to others for help. If his seclusion is isolated to within your relationship, it's time to open the lines of communication and air out whatever it is that isn't working. Smothering him without addressing the heart of the matter will only drive him further away.

**Related Link:** [How to Listen to Your Heart and Take Back Control of Your Love Life](#)

If you have a tendency to make any or all of these three mistakes, it's time to take a dating break and look at what fears or insecurities are behind your behaviors. Often, trying *not* to make these mistakes can feel akin to a Monday morning diet promise: easily made but rarely implemented once we get triggered. Forgive yourself for the errors you've made and give yourself an opportunity to change-up your dating game. The result will be worth it, of that we are sure!

*[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at [marni@datingwithdignity.com](mailto:marni@datingwithdignity.com).*

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## New Couple? Khloe Kardashian Parties with French Montana

By Louisa Gonzales

Khloe Kardashian continues to make headlines about her love life. According to [UsMagazine.com](#), the *Keeping Up With the Kardashians* star, 29, was spotted at the clubs this weekend with rapper French Montana, one night in Hollywood and another night in Phoenix, Arizona. Khloe was also seen in West Hollywood at hotspot 1 Oak on Friday, April 4 partying with the rapper at the 16th birthday party for Diddy's son Cristian. The reality star recently filed for divorce from husband Lamar Odom in December, but she appears to be moving on with Montana.

## What are some ways to grow a new relationship?

### Cupid's Advice:

After a break up it can be hard sometimes to put yourself back out there, especially if your last relationship ended badly. Part of life is accepting sometimes you have to move on, life always keeps moving forward. So, why not be open to finding someone new and trying your hand at love again? Cupid has some advice on some ways to grow a new relationship:

**1. Be open to love:** The only way to be able to get back in the game, is to let yourself be open to playing and in this case in the game of love. Don't let past failed relationships weigh you down, because if you don't let them go you won't be able to move on. Remember, the end of one thing is the start of something new and the same can be said for love.

**Related:** [Khloe Kardashian Says She's 'Excited for This Year to Be Over' Post-Divorce Filing](#)

**2. Let yourself breathe:** Take a deep breath and take all the time that you need when starting a new relationship or helping it to grow. The best way to strengthen your relationship is to really spend the time getting to know your partner, besides learning things about one another can be enjoyable. So, be patient with yourself and your significant other and don't rush anything you're not ready for.

**Related:** [Khloe Kardashian Files for Divorce from Lamar Odom](#)

**3. Have fun:** The start of the relationship can sometimes be the most fun because it's new and exciting. The best way to help your relationship move along in a positive way is to have a little humor and to bring out your playful side. So get out there and let loose, but remember to be yourself, whoever you are with should like you for who are.

**What do you think are good ways to grow a new relationship?**



Share in the comments below.

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# 'Mad Men' Star Kevin Rahm Is Expecting a Baby Girl with Wife

By Louisa Gonzales

'Med Men' star, Kevin Rahm wife is pregnant. According to [UsMagazine.com](http://UsMagazine.com), Rahm and former 'Housewives' star Amy Lonkar are expecting their first child together, a baby girl to be exact. The daddy-to-be shared the news on his twitter on April 5, in the form of photo that read, "Amy Rahm 'The Surgeon' and Kevin Rahm 'The Actor' Starring together in It's a Girl! Coming this September." The couple got married back in April 2012 and are both "excited" and "terrified" about the news.

**How do you prepare your relationship for a first child?**

## **Cupid's Advice:**

Having a baby can be a happy time for you and your partners relationship, but it can also be hard, stressful and at times challenging, especially if it's your first child. Just think of having a baby together as just another journey or adventure in you relationship. Cupid has some advice on how to prepare your relationship for a first child:

**1. Read up and research all you can:** There is no secure way to foretell and predict all the changes that will happen in your relationship, from pregnancy, so all you can do is prepare.

The best way to make your way into the known, is to talk to others who have experienced having a kids before friends or family, read baby books or attends classes, etc. Even though everyone's experience can be different receiving advice from others can be helpful.

**Related:** [Dating Advice: Are You Dating a 'Mad Man'?](#)

**2.Keep in mind things will change:** There are a lot of things first time parents will discover about each other, kids and their relationship through the journey of having kids. Life is constantly changing and the only way sometimes to keep going forward is to accept the change. So, with all the changes be prepared to be patient with one another, review your relationship and to learn and discover new things about each other.

**Related:** [Mila Kunis and Ashton Kutcher Are Expecting!](#)

**3. Plan things out beforehand:** To prevent any drama or unnecessary arguments that will come with having a baby, talk or plan everything out beforehand. With a baby, like with any new member added in to your family comes new discoveries, problems and challenges. The only way to make changes for your new little person added into your family you have to be willing too, and the best way to do that is to make decisions as a couple.

**What do you think are good ways to prepare your relationship for your first child? Share your tips below.**