

# Parenting Advice: How to Keep Your Kids Motivated Throughout the Rest of the School Year



By [Jessica Gomez](#)

Your child's school year is almost over! However, as they approach the finish line, some students may get off track. This is unfortunate considering that they're so close to the end! Having a support system to encourage kids with their studies is essential. The approach to motivating your children can depend on the child's age. However, some methods can be useful for children of any age if they're customized or "tailored" to the girl or boy, and that is where you, the

parent, comes in!

## Keep your child motivated with this [parenting advice](#), along with some examples from [celebrity parents](#):

**1. Stay involved:** When you are constantly involved in parent teacher meetings and school events, your child is more likely to keep their interest in school going. Being active in your child's school not only helps you keep an eye on them, but also familiarizes you with the environment they're in for the majority of the week. Being attentive is key. Celebrity couple [Beyoncé](#) and [Jay-Z](#) stay involved with daughter Blue Ivy's school. Bey volunteered at a fundraiser last year where she performed three hit songs, while Jay-Z attends PTA meetings. And, the duo alternates picking her up and dropping her off to school. If this busy, power couple can make the time, so can you!

**Related Link:** [How to Keep Your Children From Getting Hurt at School Valentine's Day Parties](#)

**2. Create a reward system while keeping yourself up-to-date:** Whether the reward is big or small, a reward is a reward. For example, having your kids do their homework straight after school before taking part in other activities is one way to do it. After doing their homework, getting to play, watch TV, or do any other acceptable activity is a reward. When creating and implementing a reward system, it is important to keep yourself updated with your child's work. Make sure they do their homework and projects, and don't forget to ask them how school went and what they learned. For a little more information on creating reward systems (specifically ones based on the child's age), read on [here](#) along with other

creative ideas on [Pinterest](#).

**Related Link:** [How to Connect with Your Teenager](#)

**3. Encourage them:** This sounds simple, but many parents tend to sometimes miss it. School becomes something they expect their kids to do because they have to, but that does not mean that it requires any less encouragement than any other activity. Sometimes we're focused on tough love or are just not as involved as we should be (back to tip #1 above). Whichever the case, parents need to find different ways to keep their kids going. Be their cheerleaders! Many celebrity parents like Sarah Jessica Parker, [Jennifer Lopez](#), Sarah Michelle Gellar, Jessica Alba, and [David Beckham](#), took the approach of encouraging their kids on the first day of school by posting photos on social media – photos can be seen [here](#). This can also work toward the ending of the school year because it's an exciting time that should be celebrated.

**Related Link:** [5 Tips for Co-Parenting](#)

**4. Create a nice, clean work space for them:** Having a study area free from clutter and unlimited distractions is an important space to have. It encourages you to do work and keeps you situated. Ideally, a good work space will be organized, well-lit, and comfortable. If your child is easily distracted by what's going on outside, their study space should be away from any windows. If they work well in silence, choosing the quietest place is a good idea. If they like some low background music, choose a space where you can set that up. Learn your child's learning and productivity style, and then appoint a space as their study area based upon it.

**Related Link:** [Celebrity Parents Open Up About Their Best Parenting Advice](#)

**5. Share a productive and motivating lifestyle with them:** Your mentality has a big say in how motivated and productive you are. Besides controlling your way of thinking, there are a few

ways to change your lifestyle and your child's. Getting eight hours of sleep is important, depending on your child's age, even 10 hours of sleep is good for them. Many kids don't get the proper amount of sleep, which makes them too tired to be fully focused and productive in school. A good diet is also important because your child needs the energy to do well in school and in the other parts of their lives. Dark fruits and vegetables along with ones rich in Vitamin B (like broccoli, spinach, celery, beets, blueberries, apples, potatoes, and beans) improve memory and cognition and are also good for alertness. And of course, stay fit by exercising together as well.

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These are just a few ways to help your child stay motivated for the rest of the school year – there are many more! Being a parent is a huge responsibility, and in order to do the job right, you have to know your child and incorporate different aspects of life into your parenting style, like described above.

**What are some ways you keep your little one motivated as they become eager to finish the school year? Share below!**

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## **10 Valentine's Day Date Ideas Inspired by Celebrity Couples**





By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)

February is right around the corner, and we all know what that means: Yes, Valentine's Day is almost here, the one day of year when couples get to celebrate their love and singles get to eat Ben and Jerry's guilt-free. This day is really magical. It's when romance can finally express itself, and those in a relationship can really show their gratitude for one another.

However, the day doesn't get cut much slack, mostly because a lot of people don't know what to do to celebrate. That's where expert matchmakers Lori Zaslow and Jennifer Zucher can help! They are at the helm of the luxury matchmaking company Project Soulmate, and with their combined expertise, they know how to craft a [date idea](#) that's fit for any type of relationship.

This year, with their expert relationship advice, we have crafted 10 date ideas inspired by [celebrity couples](#). These duos all have one thing in common: their strong bond with their soulmate. By taking inspiration from their love lives, we hope you can find a date that will bring you and your partner even closer together.



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# Look to Your Favorite Celebrity Couples for Valentine's Day Inspiration

**1. Beyoncé and Jay-Z:** This Valentine's Day, we want you and your partner to spend it *Crazy in Love*. We want you to forget all of your *99 Problems* and put your *Love on Top*. Yes, those puns mean what you think they do: a Valentine's date idea inspired by the iconic duo Beyoncé and Jay-Z. This celebrity couple has been together for over 15 years. They've written dozens of songs together and now have three beautiful children – who wouldn't want to spend a day emulating them?

Why not go to a concert for Valentine's Day? It doesn't have to be a big one; it could be a small band that you and your loved one both enjoy. Singing and listening to music with your partner on such a romantic day is sure to hit some right notes. Or, if you want something more low-key, a karaoke bar could be great. Enjoying music together is perfect for couples who already have a passion for the industry –and obviously, a shared musical interest has served Beyoncé and Jay-Z well.

**2. Victoria and David Beckham:** When you think of inspirational celebrity couples, who comes to mind? If it's not Victoria and David Beckham, then you've had a lapse in memory because no couple is more #goals than them! These two are the textbook definition of class, and we heard that, if you look up "posh" in the dictionary, you'll find a picture of the two of them surrounded by their four children. We're joking, of course, but this celebrity couple is the inspiration for our next Valentine's Day date idea: a swanky dinner.

Going to a posh, new restaurant with your significant other is

a classic idea and a tried-and-true Valentine's Day date. So throw in a David Beckham-twist, and head to a sports game or bar before the two of you dress up for your five-star meal. It may be a fun way to release some nerves before your dinner plans.

**3. Kristen Bell and Dax Shepard:** Two of the most underrated people in Hollywood also happen to be happily married and have a relationship that shows that shared humor is a blessing. [Kristen Bell](#) and Dax Shepard have proven that a love for comedy leads to the purest of partnerships and makes for some great laughs that help you and your loved one grow even closer. Taking inspiration from these two, go to a comedy club or an underground stand-up night. Take your partner to a place where you both can laugh and enjoy a fun time that's bound to be memorable.

**Related Link:** [Celebrity Couple News: Kristen Bell and Dax Shepard Rent a Roller Skating Rink for Date Night](#)

**4. Rose Leslie and Kit Harrington:** You and your partner have a solid relationship, and you guys aren't the going out type. The two of you have no plans for Valentine's Day, except that Chinese takeout you want to order, and you're not really sure what to watch. Take a cue from stars Rose Leslie and Kit Harrington, who fell in love while on set together for *Game of Thrones*. Find shows and films where the couples are married in real life, and watch their romance blossom on-screen, all the while knowing that they're still in love off-camera. Start by rewatching (or watching for the first time!) those early episodes of *GoT* where Jon and Ygritte fall in love, and don't miss the true magic that is being filmed between these two soulmates!

**5. Rita Wilson and Tom Hanks:** Another date night idea that doesn't involve going out and dealing with the madness that is Valentine's Day takes inspiration from power couple Rita Wilson and Tom Hanks. These two have been happily married for

almost 30 years and have two sons together, but as a couple, they're probably best-known for their ability to keep to themselves. They've managed to stay under the radar when it comes to paparazzi, and that's because they're both as down-to-earth as celebrities can get. They prove that you don't have to be glitz and glam to enjoy being with your loved one.

Take inspiration from them and stay home and make dinner together. Spend a low-key night bonding with each other and with your family rather than making a big scene. Their love has proven that it's not about *what* you do; it's about who you do it with.

**6. Sarah Jessica Parker and Matthew Broderick:** Valentine's Day doesn't strictly mean that you and your partner have to spend time alone together. It's a day about love, but it doesn't have to be spent isolated from your closest friends. This Valentine's Day, take inspiration from Sarah Jessica Parker and Matthew Broderick and host a group dinner at home. This celebrity couple is known for their incredible group of friends; they know how to be loving with their spouse while also maintaining a healthy social life. So why not have a Valentine's Day dinner party and avoid the hassle of making plans at a fully-booked restaurant? Afterwards, you all can play cute couple games and end the night on a fun note.

**Related Link:** [Expert Relationship Advice: The Stages of Soulmates](#)

**7. Mila Kunis and Ashton Kutcher:** [Mila Kunis](#) shared that her first kiss ever was on the set of *That 70's Show* with her future husband Ashton Kutcher. If that isn't one of the cutest stories ever, we don't know what is! The two of them have two children together and are always pictured smiling ear-to-ear at basketball and baseball games together.

That's why our next date idea was easy: Take your loved one to a sporting event. Watching sports together makes for some



great moments – from the pre-game tailgate to the first minutes after a big win, a game is bound to make the two of you feel closer. Plus, this celebrity couple seems to really enjoy watching the game together, so if it works for them, it can't hurt to try it with your significant other.

**8. Jada Pinkett-Smith and Will Smith:** The next inspiration for a Valentine's Day date idea comes from a famous couple that exemplifies trendy. Jada Pinkett-Smith and Will Smith have been together for nearly 21 years and have two children who have both thrived in the artsy-alternative community. This is a family of trendsetters and artists, so a date inspired by them needs to be on the same thread.

That's why we suggest that you and your soulmate go to a modern art exhibit or a jazz club – something that stimulates your minds but is visually or musically pleasing too. Afterwards, go to a cute little place for dinner for a well-rounded date. You can talk about the art or performance during your meal, so you don't have to worry about any awkward silences!

**9. Sarah Michelle Gellar and Freddie Prinze Jr.:** From *She's All That* to *Cruel Intentions*, Sarah Michelle Gellar and Freddie Prinze Jr. ruled the silver screen of 90's romances, and now, they have championed a new field: long-term celebrity relationships. They have been married for almost 16 years and have two children together, and there has never been a rumor of them getting a celebrity divorce or threatening to split.

A great date idea for the couple who loves a little bit of 90's romance is a night out at a retro theatre watching old rom-coms. Snack on some buttery popcorn and soda for a throwback Valentine's Day date night!

**Related Link:** [Celebrity News: Find Out Details About Meghan Markle's Upcoming Bachelorette Party](#)

**10. Meghan Markle and Prince Harry:** We couldn't end this list

without including the celebrity couple whose engagement has dominated headlines for the past month or so. Yes, we're talking about the much anticipated royal wedding of Meghan Markle and Prince Harry. Taking inspiration from this couple, we decided that the best date idea would be to get fancy and take your loved one to high tea. Enjoy the cute little hors d'oeuvres and classy tea rituals before heading to a spa for some much-needed rest and relaxation. End the day with a bath bomb or a bubble bath from Lush's collection of rose-scented goodies, and enjoy some romantic tub time as a couple.

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

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## Celebrity Wedding: Sarah Michelle Gellar & Freddie Prinze Jr. Celebrate 15th Anniversary





By Ashleigh Underwood

[Celebrity couple](#) Sarah Michelle Gellar and Freddie Prinze Jr. are here to stay, and are stronger than ever. Recently, the pair celebrated their 15th [celebrity wedding](#) anniversary. After all these years, the couple is still together and making it work. In a recent [celebrity interview](#) with [E! Online](#), Prinze admitted that their secret is staying friends and knowing each other inside and out.

**This celebrity wedding anniversary is one for the books! What are some ways to make your anniversary special for your partner?**

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

Your anniversary is something to be celebrated! Cupid has some ways to be sure your anniversary plans are up to snuff:

**1. Incorporate the past:** You and your partner are celebrating your anniversary for a reason. You have been together for a significant amount of time, and made some great memories along the way. Use those past memories to show your partner how much they all meant to you.

**Related Link:** [Celebrity Relationship: Jessica Simpson Celebrates 7-Year Anniversary With Eric Johnson](#)

**2. Keep it simple:** Sometimes, the most simple of celebrations mean the most. An intimate, candle lit dinner at home can allow for a more meaningful night with your partner. Even something as simple as cleaning up around the house, can show your partner that you care.

**Related Link:** [Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.'s Kids are the Perfect Mix of Mom and Dad](#)

**3. Make the day about the relationship:** This anniversary is all about you and your partner. Make sure that your partner knows that this day is dedicated to just that. Leave your worries about everything else for another day, and keep your focus on celebrating your love.

**How do you make your anniversaries special? Comment below!**

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**Marriage Advice from  
Celebrity Couples Who Stay  
Together**



By [Marissa Donovan](#)

Over the years, there have been many “it” couples worth following in [celebrity news](#). Most of us admire the romance between [celebrity couples](#), especially when they make their marriages work during their years of being [celebrity parents](#)! What can these couples teach us about how to make a marriage work?

**Here is some celebrity [relationship advice](#) you can apply to your own marriage!**

**1. Take breaks from each other:** [Chrissy Teigen](#) and [John Legend](#) may seem like a couple that is together 24/7, but they do spend time apart. According [EOnline.com](#), the couple values



trips away from each other because it allows them to miss being together and appreciate their relationship. Spending time apart really does make the heart grow fonder!



John Legend and Chrissy Teigen. Photo: Instagram

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

**2. Make each other laugh:** These 90's Hollywood sweethearts are still together after 15 marriage! Freddie Prinze Jr. spoke with [EOnline.com](#) and shared that his secret to a successful marriage with Sarah Michelle Gellar is laughter! Keeping each other happy will continue to make your marriage work.



Photo:  
sarahmgellar/Instagram

**Related Link:** [Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?](#)

**3. Always communicate:** [Neil Patrick Harris](#) and Husband David Burtka have been known for their awesome parenting skills, but the couple can also be a great example for making a marriage work! According to [ETOnline.com](#), the secret to their marriage is speaking up and talking to each other. Discussing your problems and letting each other know how you are feeling will make your marriage stronger in the long run!



Photo courtesy of Neil Patrick Harris' Instagram

**Related Link:** [Neil Patrick Harris and David Burtka Share Italian Wedding Photo](#)

**4. Rebuild your relationship:** This famous musical couple has been under the spotlight in recent years over a cheating scandal. Jay-Z can assure everyone that not every marriage is perfect. The rapper spoke with [RollingStone.com](#) and revealed that he had to rebuild his marriage with [Beyoncé](#) in order for them to be happy again. Sometimes hardships can make a marriage crumble, but sometimes you can make it work at the end of the day!



Jay-Z and Beyonce. Photo:

Rick Maiman/Fame Pictures

**Related Link:** [Relationship Advice: Making Marriage Work Like Beyoncé](#)

**5. Watch *Oprah* together:** The funny duo Leslie Mann and Judd Apatow have worked together on many romantic comedies together and have been married for 20 years! The director shared with [Vice.com](#) that they both watch Oprah's *SuperSoul Sunday* and then apply lessons from the show to their marriage each week. Television shows that give you relationship advice can be helpful for you and your partner!



Leslie Mann and Judd Apatow. Photo: Janet Mayer / PRPhotos.com

**Related Link:** [Celebrity News: Judd Apatow Feels Bad for Wife Because He's a 'Disgusting Man'](#)

Which famous married couple is your favorite from this list? What advice will you be applying to your marriage? Tell us in the comments!

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## 5 Most Romantic Celebrity

# Couples



By [Katie Gray](#)

Love is in the air! Our favorite [celebrity couples](#) are big when it comes to the romance department. Whether it's the way they look at each other during events, the surprises they do for one another or the way they raise their celebrity babies, it's clear that the love is ever present. These [celebrity relationships](#) give us major goals!

**Cupid has compiled the five most romantic celebrity couples in Hollywood today :**

**1. John Legend & Chrissy Teigen:** Our hearts just swoon, when

we see pictures of celebrity couple John Legend and Chrissy Teigen. This celebrity relationship gives each other all of them. Legend, a singer and musician, and Teigen, a model and cookbook author, dated for four years before getting engaged in 2011 and marrying in Italy in 2013. This past year in 2016, they had their first child together. A beautiful daughter named, Luna Simone Stephens. They give us major relationship goals!

**2. Blake Lively & Ryan Reynolds:** Spotted: Blake Lively and Ryan Reynolds being couple goals. This celebrity relationship has definitely become “America’s Sweethearts.” Actors, Ryan Reynolds and Blake Lively, met while filming *Green Lantern* in 2010, became an item and married in 2012. They have two daughters, born in 2014 and 2016.

**Related Link:** [Movies to get in the Mood for Valentine’s Day](#)

**3. Jay-Z & Beyoncé:** Music moguls, performance icons and power couple – Beyoncé and Jay-Z have been a married celebrity couple since 2008. They had their sweet daughter, Blue Ivy Carter, in 2012. This celebrity relationship just announced that they are expecting twins! Romance is definitely in the air.

**4. Sarah Michelle Gellar & Freddie Prinze Jr.:** One of the most genuine and romantic celebrity couples in Hollywood, is hands down, Sarah Michelle Gellar and Freddie Prinze Jr. The pretty pair, and fellow actors, have been married since 2002. They have two children together. They even co-starred in the film *I Know What You Did Last Summer* and the *Scooby-Doo* movies together. Now how cute will that be for their kids in real life to watch? You may know her from *Cruel Intentions* and *Buffy The Vampire Slayer*, but these two are slaying when it comes to celebrity relationships!

**Related Link:** [Wealthiest Celebrity Couples](#)

**5. Keith Urban & Nicole Kidman:** Country crooner, Keith Urban,



and actress, Nicole Kidman, are a match made in heaven. The married celebrity couple, tied the knot in 2006, in Australia. They have two celebrity babies together. Urban always looks adoringly at Kidman on the red carpet and at events they are photographed at. There are many reports that this celebrity couple are very down to earth.

**Who are your favorite most romantic celebrity couples? Comment below.**

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## **5 Celebrity Couples Who Are Nailing Long-Distance Relationships**





By [Katie Gray](#)

[Celebrity couples](#) are just like any other couples, which sometimes entails being in a long distance relationship. [Celebrity relationships](#) can nail the long-distance aspect when they have good communication, are both dedicated and put in extra effort. Whether these celebrities send photos, write love letters or FaceTime, they have found the secrets to making long distance work. For some, it's only a temporary situation and for others, it is sporadic sequences.

## **Cupid has compiled five celebrity couples who are nailing long-distance relationships:**

**1. Sarah Michelle Gellar & Freddie Prinze Jr:** Sarah Michelle Gellar and Freddie Prinze Jr. got together in 1997 and have been happily together ever since. They've even appeared in the *Scooby-Doo* films together! They are one celebrity relationship that find a healthy balance between work and play, privacy and

publicity. It's evident that they make it work while they have to be apart. To this day, they post sweet photos together and are still very much in love.

**2. Tom Hanks & Rita Wilson:** Since they were married in 1988, Tom Hanks and Rita Wilson have been making their marriage work. They are both successful actors and that entails having different filming schedules. In addition, they have to have travel for appearances and events. Hanks and Wilson are genuine people and are a positive relationship to emulate. They have been together well over 20 years. We love them!

**3. Elton John & David Furnish:** Elton John has been with his partner David Furnish for over two decades. The music superstar has to tour for his concerts, therefore; sometimes there is bound to be distance. The celebrity couple got married when same-sex marriage was legalized. They have traditions together, such as sending one another a card every single Saturday. How sweet!

**Related Link:** [Bigger Is Better: Best Celebrity Engagement Rings](#)

**4. David & Victoria Beckham:** Megastars David and Victoria Beckham are one of our favorite celebrity marriages. They were together for 11 years before they had to deal with a long-distance relationship and marriage because David Beckham was living in California for his professional soccer career. At the time, Victoria Beckham was splitting her time between Los Angeles and London. They have beautiful children and are making their marriage work. Cheers to the Beckhams!

**Related Link:** [Celebrity Couples We Want To Reunite](#)

**5. Claire Danes & Hugh Dancy:** Actress Claire Danes is a class act. She's very talented at the craft of acting. She has also been married to Hugh Dancy for years. When she is filming, that means they have to be in a long-distance marriage until filming wraps. She has stated that the little

things like sending photos are what makes it work. You must pretend that you are really with each other in person, and continue to keep in touch and do things that you would in person.

**Who are your favorite celebrity couples that make long-distance relationships work? Comment below!**

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## Kissing Co-Stars: On and Off-Screen Celebrity Couples



[By Katie Gray](#)

When couples on-screen become real [celebrity couples](#) off-

screen, we get extra excited. What could be better than falling in love with a movie relationship, and then learning that it is actually a reality? It's a fairy tale come true when it becomes an actual [celebrity relationship](#)! Whether the relationships last or are just a fling, it's fun while it lasts. In many cases, it's ended in [celebrity weddings](#) and [celebrity babies](#). We can all take a cue and [relationship advice](#) from these cute celeb couples who show us love on and off-screen!

## Cupid has compiled our six favorite on and off-screen celebrity couples:

**1. Ben Affleck & Jennifer Garner:** This celebrity couple met on the set of *Daredevil* and ended up getting married and having children together. They married in 2005 in Turks and Caicos and have three children together: Violet, Seraphina and Samuel. They announced they were divorcing in 2015, but they remain friends and family because of their offspring. Garner has also dated previous co-stars such as *Alias* co-star Michael Vartan, and she was even married to Scott Foley for three years after meeting him on the set of his series *Felicity*. It's true that love can be found on set!

**2. Brad Pitt & Angelina Jolie:** Everybody loves Brangelina! This celebrity couple met while filming *Mr. & Mrs. Smith* together and caused a big stir, as speculation stirred that an affair happened between the two while Pitt was still married to Jennifer Aniston. They denied it, but in 2006 they announced they were expecting a baby. The pair got engaged in 2012 after seven years of dating and married two years later in 2014 at their estate in Correns, France. Although they were trying to kill each other on-screen, they sure make it work in real life! They seem to have a happy, healthy marriage and



children.

**Related Link:** [5 Celebrity Couples Who Live Modestly](#)

**3. Ryan Reynolds & Blake Lively:** Spotted: one of the best celebrity relationships in Hollywood started on a set. That's right, lovely Blake Lively and handsome Ryan Reynolds, met on the set of *The Green Lantern*. This dynamic duo started dating a year later in 2011, purchased a home together in 2012 in Bedford, New York and married a few months later. The former *Gossip Girl* star gave birth to their daughter, James, in 2014 and it was just announced last month that they are expecting their second child! Congrats to the happy pair!

**4. Ashton Kutcher & Mila Kunis:** "Hello Wisconsin!" The co-stars we all loved on the hit sitcom *That 70's Show*, Ashton Kutcher and Mila Kunis, are now a happily married celebrity couple. The pair began dating in 2012, were engaged in 2014, gave birth to their daughter Wyatt Isabelle in October of that year and married in July of 2015. They show us that it is good to date for a couple of years to really get to know a person before jumping into wedlock and parenthood. It seems to be working well for them, as they are now happily married and the proud parents of a beautiful baby girl.

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**5. Freddie Prinze Jr. & Sarah Michelle Gellar:** This celebrity relationship is one of the longest lasting in the entertainment industry! Fellow actors, Freddie Prinze Jr. and Sarah Michelle Gellar, met while filming *I Know What You Did Last Summer* and have been an item ever since. They even co-starred in the *Scooby-Doo* film together! They were engaged in 2001, married in 2002 and have two celebrity babies together. This celebrity marriage shows us how to make a genuine relationship last!

**6. Channing Tatum & Jenna Dewan Tatum:** This married celebrity

couple met in 2006 on the set of *Step-Up*. They have been giving us major relationship goals ever since. They got engaged in Maui in 2008 and married in a celebrity wedding in 2009 in Malibu, California. The *Magic Mike* star has even been referenced recently in Drake's new album. The rapper, has a lyric that says, "Got so many chains, they call me Chaining Tatum."

**Who are your favorite celebrity couples on and off-screen? Share below!**

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## **Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?**





By Dr. Jane Greer

It's been a tough few months for [celebrity couple](#) Sarah Michelle Gellar and Freddie Prinze Jr.! Freddie is reportedly on the mend, but it has been a long haul. The actor underwent spine surgery, and it looks like he will make a full recovery. While his celebrity wife, Sarah Michelle Gellar, has been supportive throughout the process, it can be very difficult to deal with illness in the family. It's a stressful time for everyone involved, individually and as a couple. In the end, it can either strain a relationship, or it can ultimately strengthen it.

**There are certain steps you can take to try to better deal when you or your partner is ill, or recovering from an injury or**

# **surgery, to make sure it doesn't tear you apart.**

When you are dealing with illness and recovery, the uncertainty and anxiety you might feel can totally drain you. There can be so much going on that it is easy to lose sight of the bigger picture. The sick partner is not him or herself, and the healthy partner must become the caretaker, not sure when or if their loved one will be what he or she once was. When the ill person isn't available the way he or she usually is, the other person might feel unsupported, angry, overwhelmed, frightened, and even alone. That can get even worse if the sick person becomes demanding and takes the other for granted, or is constantly unpleasant because of the pain or discomfort they are feeling. Also, that person might be afraid and worried about the future, putting even more of a damper on the household. The healthy one might resent having to carry the lion's share of the household work. They might feel burdened and overloaded, in addition to all the other emotions they are already experiencing.

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As with so many other issues in a relationship, resentment can creep in when the communication creeps out. So often if you are the healthy one, you might feel you have no right to complain or ask anything of your sick loved one. If they feel bad and yell, so be it. If they tell you they need you to cancel the plans you made to be out of the house for a few hours, what choice do you have? But that is not the case at all. In order to get through, there has to be a give and take.

## **Talk about it.**

The first step is talking about it, and sharing your feelings. Of course the person who is ill is going through an awful time, but you are going through it with them. There isn't just

one person being affected, there are two. It is very challenging to navigate that difficult road of juggling helping and supporting with honesty and advocating for yourself and your needs. It can be hard to give yourself permission to be upset. But it is so important that you are able to share your thoughts and feelings, and work together to acknowledge what you are both experiencing and thinking.

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**Have mutual empathy.**

The life you shared (and presumably enjoyed) before your partner got ill is no longer the life either of you is living while the recovery is taking place. Without mutual empathy, that reality and all the stress you are both feeling can take a toll because most people eventually run out of emotional stamina. Talk about how you are each feeling, what is working and what isn't. Discuss what you have lost, and what you hope to get back. Come together as a team and be aware of a recovery plan. What is a realistic timeline to expect to get back to normal? That will give your partner time to rest without feeling pressure from you, and it will give you something to look forward to.

Freddie and Sarah are now closer to the other, healthier side of this. They are facing this challenge head-on, and hopefully will find it makes them stronger as they go forward.

# Celebrity Couple Sarah



# Michelle Gellar and Freddie Prinze Jr.'s Kids are the Perfect Mix of Mom and Dad



By Mackenzie Scibetta

The family that cooks together stays together! At least that's how married [celebrity couple](#) Sarah Michelle Gellar and Freddie Prinze Jr. make it seem in new, adorable family photos released to Gellar's company, *FoodStirs*. According to [UsMagazine.com](#), the [celebrity kids](#) of Gellar and Prinze both share their mother's button nose and their father's beautiful brown hair. Charlotte, 6, and Rocky, 3, helped inspire their parents to offer kid-friendly recipes and activities for FoodStirs. Gellar said that they "love trying out recipes and working in the kitchen, and I love it too because it's just

such great, quality time together, but it's also productive." Having been married 13 years, Gellar and Prinze really know how to make their Hollywood relationship last.

## **This celebrity couple has some adorable celebrity kids! What are some ways to cherish your children's childhood?**

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

It seems like we only have fleeting moments with our children before they're grown up and off to college. Minutes are precious and balancing cooking, cleaning, work and family can leave only small moments dedicated for your children. Get the most out of each day with your children because before you can blink they'll be adults. Cupid is here to help you live in the moment and appreciate your children to the fullest:

**1. Get them involved in your day:** Take a cue from the Gellar-Prinze family and make your breakfast, lunch and dinner with them. Allowing them to help you crack the eggs or butter the bread not only saves you time, but makes them feel important. You can incorporate your kids into endless other daily chores too.

**Related Link:** [Beyonce Proves Celebrity Relationship with Jay-Z is Still Solid with Sweet Pic](#)

**2. Journal only the big moments:** As a parent you will naturally want to document every move your child makes, but this takes away from the actual moment. Let your camera take a back seat and focus on living in the present the majority of the time. Your brain is a surprisingly effective tool for preserving moments so don't hold back and enjoy the moment.

**Related Link:** [Celebrity News: Justin Timberlake Thanks His 'Rock' Jessica Biel at Hall of Fame Induction](#)

**3. Cuddle them:** When they've had a nightmare let your kids sleep in your bed and, rather than complain about the space they are occupying, appreciate their comfort. Even if it's just having them sit on your lap while you read your morning paper, there's always time to get close with your children.

**What fun activities do you do with your little ones? Let us know below.**

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## **3 Celebrity Couples That Waited to Have Kids**





By [Courtney Omernick](#)

These days, it seems like once two celebrities get together, the world wants to know when they plan on having children. Well, we've found a few celebrity couples who actually waited to have children. Check out the list below!

**1. Kate Middleton and Prince William:** The second this couple was married back in April 2011, the media began speculating every week as to whether or not the Duchess of Cambridge was pregnant. However, it wasn't until over a year later that the couple announced they were expecting their first child.

**Related:** [Prince William and Kate Middleton Arrive in NYC](#)

**2. Beyonce and Jay-Z:** This celebrity power couple started dating in 2002 and married in 2008, but baby Blue Ivy didn't come into the picture until 2012.

**Related:** [Beyonce Shares Eifel Tower Picture with Jay-Z and Blue Ivy](#)

**3. Sarah Michelle Gellar and Freddie Prinze Jr.:** Their first



child, daughter Charlotte, came into the world a few weeks after their seventh wedding anniversary. The couple also took some time in between children, as their second child, son Rocky, was born three years later.

**What other celebrity couples waited to have children? Comment below!**

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## **Sarah Michelle Gellar and Freddie Prinze Jr. Welcome a Baby Boy**





By Jennifer Ross

A new Prinze has arrived in America! Sarah Michelle Gellar gave birth to a son last week in Los Angeles, reported *People*. Her rep also confirms that both Mommy and baby are doing great. This is the second child for Gellar, 35, and her husband Freddie Prinze Jr, who were married in September 2002. Charlotte, their 3-year-old daughter, is happy to become a big sister. Congratulations to the family addition!

**How do you prepare your daughter for a baby boy?**

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

Having a new baby in the family will be an adjustment, especially when your daughter is used to being the only child. With a newborn that will demand so much attention, she may not understand what is about to happen and will need reassurance beforehand. To help with the transition, here are a few tips on how to make big sis comfortable with little changes:

**1. Talk about it:** Once you have told your daughter of the new baby coming, she will likely have several questions. Use the months during the pregnancy to talk about what will change in the family. Remember to follow her lead. Because she may not want to talk about him every day, allow her to decide how much to discuss. Lastly, always reassure her that you will still love her just the same.

**2. Bring out the old pictures:** A great way to help your firstborn understand what it will be like with a new baby is to show her pictures of your first pregnancy. You will want to go through her own baby pictures as well. When doing this, describe the newborn as a person that has ideas and emotions, just like her. Also, inform her that the newborn may cry a lot at first as his only way to communicate.

**3. Visit other newborns:** When the new baby arrives, your

daughter may have a strong reaction to holding them. To prevent this, take your daughter to visit a friend or relative's newborn. By spending a relaxing day, having fun and holding another baby, your daughter will see that a new baby is okay. It will calm any worries she has about being forgotten.

**What steps did you take to prepare your daughter for a new baby? Tell us below.**

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## **Sarah Michelle Gellar Pregnant With A Baby Boy**



Sarah Michelle Gellar and Freddie Prinze Jr. have a knack for staying out of Hollywood's spotlight, but it's been confirmed that the former vampire slayer is going to have a baby boy, according to [UsMagazine.com](https://www.usmagazine.com). The couple's marriage is going strong as their family continues to grow with their three-year-old daughter, Charlotte Grace, and first son on the way. Sources say, "She and Freddie are thrilled," and compliment the pair in saying, "They're amazing parents." Although both Gellar and Prinze have strong backgrounds in entertainment, they have clearly both worked together to make family their biggest priority.

**What are some ways to prepare your first child for a new baby?**

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

Adding to the family is a big step. If you're having your second child, be sure to be as delicate as possible with your firstborn to ensure the most fulfilling experience for everyone:

**1. Keep your child involved:** A child on the way is exciting news that's bound to consume all of your phone calls and e-mails, and the amount of new things you'll have to do can confuse a young child. Make sure that you and your partner clue your little one in on the new brother or sister that's on the way.

**2. Give them responsibilities:** Being a big sibling is a big job. Your firstborn will be excited to take on this role, so tell your child that you're going to need their help and cooperation when you bring the little one into the world. Most importantly, be sure to thank them for their help.

**3. Don't get too preoccupied:** Getting ready for a new baby is a hectic time for any parent, but don't lose sight of what's really important—the child you already have. Make sure you and your spouse give your son or daughter extra love and

appreciation during this brand-new experience.

What are some experiences you've had when growing your family? Tell us below.

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# Hollywood Relationships: Celebrities Who Found Romance On Set



By Megan McIntosh

Everyone remembers the moment they met the love of their life, whether it be at a park, a coffee shop or at the office. For

many celebrity couples, the setting of the beginning of their love story was the work place. While some pairs couldn't keep the torch in their love life burning, the following Hollywood relationships turned "just a normal day at the office" into unforgettable romances that tabloids and fans constantly follow and discuss:

## Hollywood Relationships On- And Off-Screen

**1. Brad Pitt and Angelina Jolie:** This famous couple has to be one of the most unforgettable set of co-stars to have met on set (they were filming *Mr. and Mrs. Smith*). Pitt divorced his then-wife Jennifer Aniston in 2004 and later got together with Jolie. The duo has a total of six children together – three biological and three adopted.

**Related Link:** [Brad Pitt Trashes Marriage to Jennifer Aniston](#)

**2. Goldie Hawn and Kurt Russell:** Famous actress and mother of Kate Hudson, Hawn has been with actor Kurt Russell since 1983. This Hollywood relationship started on the set of *Swing Shift* in 1982, and the famous couple later starred in the film *Love Overboard* in 1986. Despite a relationship that spans nearly four decades, the couple has no plans to marry.

## First The Movie, Then The Celebrity Wedding

**3. Ben Affleck and Jennifer Garner:** This dynamic duo met while on the set of *Daredevil* in 2002 and celebrated their celebrity wedding in 2005. The Hollywood couple has maintained a relatively low-profile relationship, unlike Affleck's previous relationship with another Jennifer, Jennifer Lopez. Affleck and Garner have three children together.



**Related Link:** [Jennifer Garner Says She 'Would Do Anything' for Ben Affleck](#)

**4. Kristen Stewart and Robert Pattinson:** This twosome has experienced great popularity with their on-set/off-set chemistry. The celebs met on the set of *Twilight* in 2008 and also starred together in the other films of the *Twilight* saga: *New Moon*, *Eclipse* and *Breaking Dawn*. Bella may have difficulty in choosing Jacob or Edward on-screen, but Stewart is Team Edward all the way! Both Pattinson and Stewart will star in the last film of the series *Breaking Dawn Part II* later this year.

**5. Jessica Alba and Cash Warren:** These lovebirds had a slightly different matchmaking experience. Though not an actor himself, Warren met Alba while she was filming *Fantastic Four* in 2004, and the two were married in 2008. The couple have two daughters together.

**6. Freddie Prinze Jr. and Sarah Michelle Gellar:** This reclusive celebrity couple met while filming the scary movie *I Know What You Did Last Summer* in 1997. They were married in 2000 and filmed two additional movies together, *Scooby-Doo* in 2002 and its sequel, *Scooby-Doo: Monster's Unleashed* in 2004. Prinze and Gellar had a baby girl in 2009 and switch off with at-home responsibilities.

**Who are some other Hollywood couples that have found love on set? Share your ideas below.**

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# Celebrity Couples Who Shy

# Away From the Spotlight



By [Whitney Baker](#)

Some celebrity couples flaunt their relationship for the entire world to see, posing for the paparazzi as if they're at a photo shoot (hello, Kardashian sisters!). Other couples, regardless of whether they've just begun dating or have been married for years, choose to hide from the spotlight and stay mum about the details of their love. Below are five Tinseltown two-somes who are keeping their lips sealed when it comes to romance:

**1. Kristen Stewart and Robert Pattinson:** Although this cute duo has refused to officially confirm they're a couple, they did come close to doing so on *Oprah* in 2010. The two jokingly referred to Kristen Stewart's "baby" when asked if they were

dating. Also, an Oprah insider insists that Pattinson and Stewart revealed their relationship to the queen of talk shows before the taping. More recently, Stewart casually mentioned her “English boyfriend” in an interview for British *GQ*. Even so, don’t expect too much PDA from this couple – despite their intense love scenes in *Twilight*’s latest installment.

**Related:** [Rob Pattinson Thinks Kristen Stewart Looks “Amazing” as a Bride](#)

**2. Sarah Michelle Gellar and Freddie Prinze, Jr.:** Gellar and Prinze first met while filming *I Know What You Did Last Summer* and have been together for more than a decade. After a two-year hiatus from acting, Gellar is now starring in *Ringer* on The CW and is learning the ins-and-outs of balancing a career and motherhood. In a recent interview with *Self*, Gellar calls her daughter Charlotte “my best friend” and says that she values time with her family above all else.

**3. Gwyneth Paltrow and Chris Martin:** The Oscar winner and Coldplay frontman have been married for over eight years, but have been tightlipped about their relationship and are rarely photographed together. That’s not to say that they don’t realize how lucky in love they remain. As Martin recently told *CBS Sunday Morning*, “From being a loser to going out with an Oscar winner? It’s a giant leap. Let’s face it: It’s like winning the lottery.”

**Related:** [Chris Martin Calls Gwyneth Paltrow His “Beard”](#)

**4. Emma Stone and Andrew Garfield:** With this rumored romance, Stone, who starred in *Easy A*, *The Help* and *Crazy Stupid Love*, has met her match. Garfield is well-known for his role in *The Social Network* and is currently filming *The Amazing Spider-Man*, making him another one of Hollywood’s hottest twenty-somethings. This publicly-shy couple has been spotted hiking and going to the movies, but they haven’t yet officially

confirmed their relationship.

**5. Carrie Underwood and Mike Fisher:** Since Fisher's trade to the Nashville Predators early last year, country's all-American sweetheart and her hockey-playing beau are enjoying a low-key life in Nashville. The couple is still relishing their status as newlyweds, often opting for trips to the local Whole Foods Market and cooking at home as opposed to fancy nights out.

**Related:** [Celebrity Couples You Just Might See at a Sporting Game](#)

**Who are some of your favorite low-key celebrity couples? Share your comments below.**