

Jewel and Ty Murray Welcome a Baby Boy



Looks like Jewel will be singing lullabies to her new baby boy, Kase Townes Murray. Jewel, the co-host of Bravo's new hit show 'Platinum Hit' found out she was pregnant the first day of filming for the show, according to [People](#). The singer was overjoyed when she found out she was expecting a child with Ty Murray, because she was having troubles conceiving. Unfortunately, she was involved in an accident where she was hit by a fire truck back in March while 5 months pregnant. Luckily, she and her unborn child were unharmed and the rest of her pregnancy was easy sailing!

How do you deal with pregnancy side effects at work?

Cupid's Advice:

Being a career woman and a new mom is definitely a lot to handle, and when you throw in some side effects from the

pregnancy, forget about it! Cupid has some tips on how to deal with pregnancy side effects at work:

1. Focus on work: Don't let the side effects of your pregnancy get to you. If you're distracted by your work, it will help to forget your upset stomach (and other aches/pains).

2. Try some different techniques: If you feel like you're dealing with a lot of side effects from your pregnancy at work, try to do some simple relaxation or breathing techniques to keep your mind off of the symptoms.

3. Embrace them: Yes, maybe having morning sickness or undeniable cravings can be rough at work, but embrace them and accept that it's all part of motherhood. It will be a lot easier to cope with them if you're willing to acknowledge that it's all worth it in the long-run.

What are some ways you deal with pregnancy side effects at work? Share your thoughts below!

Jewel and Husband Ty Murray Are Having a Boy





Jewel and Ty Murray have finally found out the sex of their baby. It's a boy! The couple is very excited to finally be able to get the ball rolling on decorating the nursery. "We would have been happy either way, of course, but we are so excited to be having a little boy," Jewel, 36, tells *People*. Murray agrees, saying, "I have to admit, I was doing a little dance on our way out of the doctor's office when we found out!"

How do you prepare for a baby boy versus a girl? Cupid's Advice: Although any baby is a blessing, the way you prepare for each one can vary. Cupid has some tips on how to prepare for a baby boy versus a girl:

1. Blues and greens: Now that you know you're having a little boy, ditch the pinks and stock up on the typical boy colors. Even though people say yellow is neutral, it's cute to pair it with blues and greens as well.

2. Baby boy themes: You want to design the nursery with your new baby boy in mind. Trucks, airplanes and trains are always safe picks for boy nursery decor. Dinosaurs and farm animals are also great choices.

3. Plan of action: Before your baby is born, make sure to discuss how you want to raise him. Put together a plan for

how you're going to instill values (like how to treat women)
in him.