

Baby News for Christina Applegate



Christina Applegate and fiancé Martyn Lenoble are growing their own little orchard. Confirming exclusively to [People](#), Applegate's rep says the actress is pregnant. The *Samantha Who?* star credits Lenoble for helping her recover after undergoing a double mastectomy. "I'm very grateful to Martyn for coming along at a time that he did because he's been my rock through all of this," Applegate told *People* last year. "He gave me something to really want to live for and something to smile about."

How can you best be there for your partner when he or she is sick?

Cupid's Advice:

In sickness and in health is a vow which is sometimes easier said than done. Cupid is here with some advice to get you through the rough times:

1. Have an open ear and mind: One of the best things you can do is listen. Let your partner tell you what he or she needs or wants to talk about. They may not want to focus on the illness, and would rather discuss everyday things. You'll also want to educate yourself by reading and speaking to doctors, or to other people who have been in similar situations.

2. Stop any guilty feelings: Do not put guilt on your spouse for being sick. They probably feel guilty enough as it is for putting both emotional and physical pain on you. Also, you shouldn't feel guilty, and think there is something you could have done to prevent the sickness.

3. Don't take it personally: If your partner has sudden mood swings, or lashes out at you, do not for one moment think it is a reflection on you. Be there for your partner, but also make sure to take care of yourself. A study published a few years ago says having a sick spouse is bad for your health, too.