


# Prince William and Kate Middleton Are Expecting Their First Child!



 By Jennifer Ross

The baby rumors are verified and a new royal is soon to arrive! On Monday, an official statement by the British royal press stated, “Their Royal Highnesses, The Duke and Duchess of Cambridge are very pleased to announce that The Duchess of Cambridge is expecting a baby.” The royal couple had hoped to keep the news a secret until Christmas, however, the Duchess’s first pregnancy is already causing a stir – in Kate, that is. Suffering from a severe form of morning sickness, the royal press continued to say, “The Duchess was admitted this afternoon to King Edward VII Hospital in Central London with Hyperemesis Gravidarum. As the pregnancy is in its very early stages, Her Royal Highness is expected to stay in hospital for several days and will require a period of rest thereafter.” Of course, her royal highness is not alone, according to [UsMagazine.com](http://UsMagazine.com). Her loving husband and second in line to the succession Prince William remains by her side. Instantly, congratulations came pouring in from everywhere. Prime Minister David Cameron congratulated the royal couple, stating his “delight” over the news. “They will make wonderful parents.” Since the announcement of their engagement, the Duke and Duchess, both 30, have not hidden the fact that they want a family together. During their engagement interview, Prince William informed the world, “We’ll sort of get over the marriage first and then maybe look at the kids.” With the moment here, the world watches to see; will it be a boy or girl? Regardless of the baby’s gender, he/she will become third in line to inherit the throne, pushing soon-to-be-uncle

Prince Harry back one step.

## **What are some ways to help your pregnant partner relax?**

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

If you and your partner are expecting a baby and you are not the one pregnant, chances are you will need to be the best supporter possible. But what does that entail and how do you begin? It starts with understanding what is happening internally while your unborn grows and realize that the carrier, your partner, will require you to lessen the load around her. To help you out, here are a few tips on how to make her feel at ease:

**1. Massages:** Back rubs, foot rubs and body massages is an instant way to alleviate stress and pain caused by the fetus. Your partner will often be uncomfortable and sore due her body having to support both herself and a growing baby. Whether it's her neck, her back, her feet or her legs, learning to massage them at her level of comfort will go a long way.

**2. Chores:** Because your expecting partner will become fatigued easier and often, physically and emotionally, you will need to pick up a majority of the chores. Handling these chores before she stresses over them will benefit you both in the end. Therefore, change out the cat litter box, research medical insurance for baby or family medical history for the doctor visits, perform the physical labor chores; take care anything that could drain your mate.

**3. Attention:** With your baby arriving soon, your partner may become filled with worries and doubts about...anything. Also, as your mate's body changes, she may become self conscious about herself. To help, be sure to listen to her fears and insecurities. Talk about what how you both feel and how, as a couple, you two can tackle the issues. Finally, remember to compliment her often and publically.

**How did you help your pregnant partner relax? Comment below.**