Miranda Kerr and Orlando Bloom Welcome a Son



Orlando Bloom is no longer the only man in the house! According to *People*, Bloom and wife Miranda Kerr welcomed their son Flynn on January 6th. "I gave birth to him naturally; without any pain medication and it was a long, arduous and difficult labor, but Orlando was with me the whole time supporting and guiding me through it. I could not have done it without him," the model said on her Kora Organics Web site on Tuesday. "We are so happy and are enjoying our time together as a family. He is our little ray of sunshine. Thank you everyone for your beautiful well wishes and your lovely thoughts."

How can you support each other during the birthing process?

Cupid's Advice:

It's no secret that having a child is a difficult process, but with a little help from your spouse, it doesn't have to be a nightmare. Cupid has a few ways you and your partner can support one another:

1. Learn together: It's important that you and your spouse are familiar and comfortable with the process before it happens. Attend birthing classes together. You have to learn about effective ways to support each other before you can actually do it.

2. Communicate: It's not easy to support your partner if you're not sure how to help. Keep the line of communication open about the experience and how it's effecting the both of you. Always remind each other that you're in this together!

3. Have a plan: The worst time to panic is when the baby is on his or her way. Have a solid plan in place ahead of time so that when the time does come, all you have to worry about is being there for each other.