

# Celebrity Baby News: 'Bachelor' Alum Vienna Girardi Miscarries Twin Girls



By [Marissa Donovan](#)

Sad news has recently been released from Vienna Girardi. [The Bachelor](#) alum shared that her twins passed away on August 5th due to her amniotic sacs rupturing. Girardi had previously shown symptoms of twin-to-twin transfusion syndrome a week prior to the emergency visit to the hospital. According to [UsMagazine.com](#), The [Reality TV](#) star donated her twins to science to research more about twin-to-twin transfusion syndrome in hopes no other mothers have to share her experience.

This [celebrity baby](#) news is heartbreaking. What are some ways

# to support your partner through a miscarriage?

## **Cupid's Advice:**

Miscarriages are an extremely painful experience for couples who are looking to start a family. Here are some tips on how you can support yourself and your partner through a miscarriage:

**1. Go through the process:** Take the appropriate steps after the loss of your children. Some parents hold a service for their children to help cope with the tragedy. Discuss options with a family doctor or therapist on what you and your partner can do.

**Related Link:** [Kasey Kahl Discusses His Future with Vienna Girardi Post-Breakup](#)

**2. Reach out for more support:** Ask a family member or friends to help support and encourage your partner to stay strong during this sad period in your lives. The more support others give to your lives and relationship, the easier it will be to push forward and to make happy memories as a couple.

**Related Link:** [Courtney Stodden Suffers Miscarriage of Celebrity Baby](#)

**3. Allow grieving time:** It's important to allow you and your partner time to cry and be upset about this moment in your lives. Trying to skip over your grief will only create problems down the line.

**What advice can you give to those experiencing a miscarriage? Share your thoughts in the comments!**