

Celebrity News: Nick & Vanessa Lachey Open Up About Premature Birth of Son Phoenix



By [Melissa Lee](#)

In [celebrity news](#), Nick and Vanessa Lachey recently revealed some pretty upsetting details about the premature birth of their son, Phoenix. According to [People.com](#), Nick was petrified throughout the six weeks their son spent in the NICU. On Monday night, Vanessa dedicated a dance to Phoenix on *Dancing with the Stars*. Phoenix, who was born at just 29 weeks, is thankfully doing well now, but Nick wanted to share their story to help other families going through a similar

situation. Nick and Vanessa are also parents to two other children, Camden John, 5, and Brooklyn Elisabeth, 2.

This celebrity news has us hugging our children tight. What are some ways to support your partner through a tough childbirth?

Cupid's Advice:

Despite having a difficult time with it, Nick and Vanessa shared their tough childbirth story in order to help other parents that are dealing with the same thing. If you are struggling to support your partner through a hard birth, head below to check out Cupid's advice:

1. Be as supportive as possible: It doesn't sound like a massive tip, but trust us when we say it's extremely important to be completely supportive throughout the entire process. Nothing will mean more to your partner than being 100% helpful, caring, and supportive. Emotional support is something that can't be bought, so make sure you are making the most effort to be there for them no matter what.

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2. Show them you care: In addition to that, try to express your love and support in little ways. Get them flowers or cook them their favorite meal – regardless of how you decide to show your love, just remember how crucial it is to make your partner feel appreciated and important. This can be more helpful than you think, so don't underestimate the importance of emotional support.

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3. Take on some of their jobs: If there are any ways you can lighten your partner's load, try your best to do so. Taking some of the weight off their shoulders is also super helpful. Try doing the laundry or cleaning the house so they have less things to stress about. At the end of the day, it's about making your partner feel as calm and loved as you possibly can.

What are some of your tips for helping your partner through a tough childbirth? Share your thoughts below.