

Celebrity Baby News: Jana Kramer Is Pregnant After Suffering Multiple Miscarriages



By Rhodesia Williams

In [celebrity baby news](#), *One Tree Hill* star Jana Kramer is expecting her second [celebrity baby](#) with husband Mike Caussin. According to *UsMagazine.com*, This celebrity baby news comes after the couple had previously suffered miscarriages in the past. Jolie, the [celebrity couple](#)'s two year daughter, will now get to be a big sister! Kramer explained how emotional she was and how her hormones were all over the place through the miscarriages. Kramer believes, "If it's meant to be, it will

be.” This [celebrity pregnancy](#) will finally give the couple a second bundle of joy.

This celebrity baby news is so great considering the struggle Jana Kramer went through. What are some ways to support your partner through a miscarriage?

Cupid's Advice:

Miscarriages bring so many emotions but it's important to remain positive. Cupid has some advice on ways to support your partner through a miscarriage:

1. Emotional support: More than anything else, emotional support is what's needed at such a sensitive time. For whatever reason, it wasn't meant to be at this time but it's nobody's fault. Playing the blame game or arguing won't help. Be there for each other and remember, it is more than okay to cry. As a couple, you both will need emotional support from each other in order to heal. Don't let this break you, remain strong! Your time will come.

Related Link: [Celebrity Baby News: 'Bachelor' Alum Vienna Girardi Miscarries Twin Girls](#)

2. Take some time: Just because you have a miscarriage today, don't try to get pregnant again tomorrow. Give it time! Your bodies will react to your stress and although you are trying to hold it together on the outside, your heart and mind will not be ready. Remind your partner to give yourselves time to heal physically and emotionally. Take some time to not only rest but to mourn your loss. As hard as it may be, time will heal this wound.

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

3. Breathe: Although it may be difficult, remind your partner to breathe. In between acting like everything's fine and random crying spurts, you have to catch your breath. When going through something as traumatic as this, sometimes you feel like you literally feel your heart breaking. It is important to remind your partner to breathe! This will all pass and when the time comes, you will have your bundle of joy. Until then, if nothing else helps, just remember to take a deep breath.

What are some ways that you would support your partner through a miscarriage? Share below