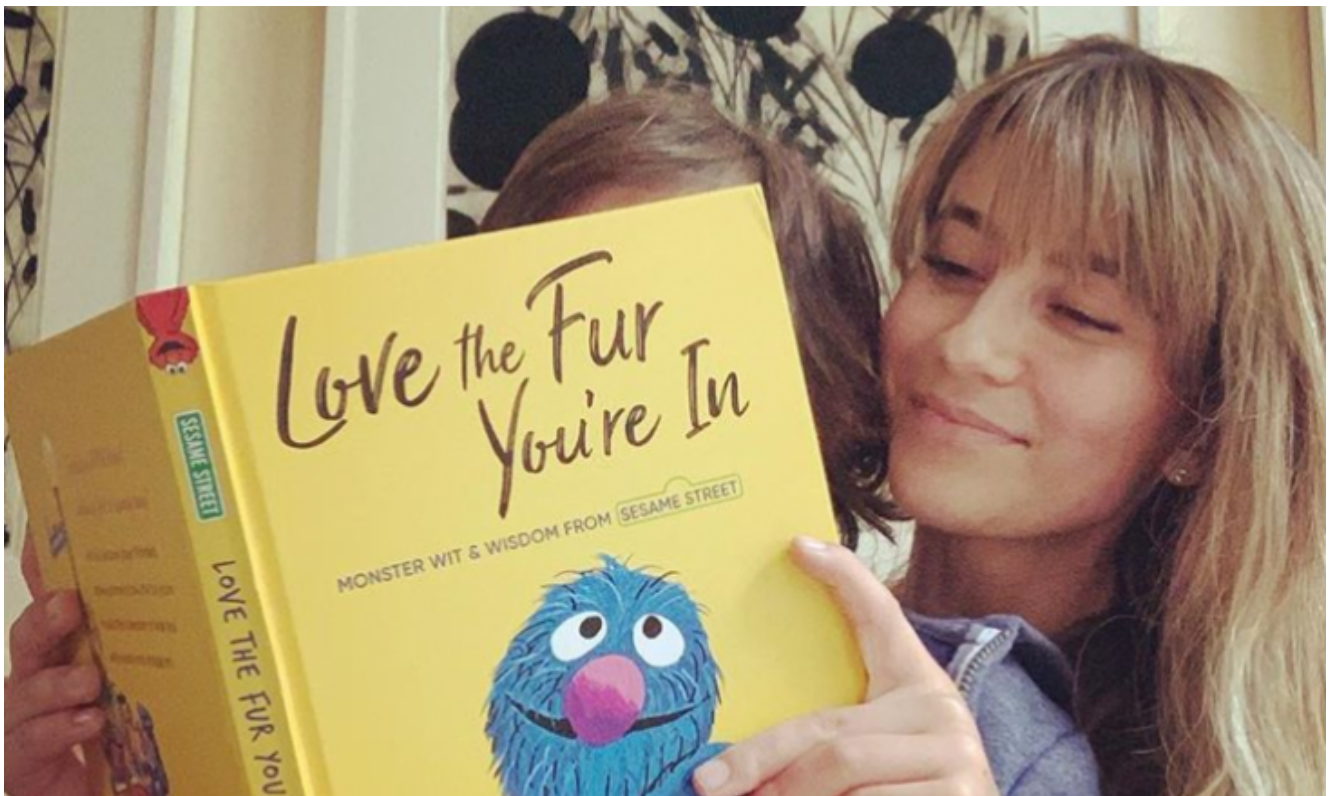


Celebrity News: 'Bachelor' Alum Ashley Spivey Reveals She Suffered a Miscarriage



By Bonnie Griffin

In [celebrity baby news](#), *The Bachelor* alum Ashley Spivey shared her [celebrity pregnancy](#) story of suffering through a miscarriage in what was a “very wanted pregnancy.” According to *UsMagazine.com*, Spivey learned of the pregnancy early on, but the devastating news came only two weeks later when her doctor revealed that “the embryo actually had shrunk and the doctor concluded that [she] was experiencing a miscarriage.”

In celebrity news, Ashley Spivey is dealing with the devastation of a miscarriage. What are some ways to support your partner during pregnancy difficulties?

Cupid's Advice:

Pregnancy difficulties leave broken hearts and scars for both parties in a relationship. Remember to support one another during this devastating time, without trying to find fixes that will only prolong the pain. Cupid has some advice:

1. Understand there is no quick fix: Losing a child or finding out you are unable to get pregnant is a devastating loss for anyone trying to become a parent. When someone we love is in pain, the knee-jerk reaction is to find a way to fix the problem, but there is no quick fix for a loss this painful. Like the loss of any loved one, only time will bring healing, so give yourself and your partner time to grieve and the healing will come naturally.

Related Link: [Celebrity Baby News: Shawn Johnson is Expecting a Year and a Half After Miscarriage](#)

2. Do not jump into discussing having other children: When a mother has a miscarriage, to her she just lost a unique child, and that child is irreplaceable. It may seem like telling her that she can always have another baby offers reassurance, but it will likely only add to her pain and frustration. Instead, just support her by showing and telling her that you love her and staying by her side as long as she needs you there.

Related Link: [Celebrity Baby: Carrie Underwood Opens Up About Miscarriages & Preparing for Baby Boy](#)

3. Be supportive and lift her back up: When a woman goes through a miscarriage or learns she is unable to get pregnant and have children, it often leads her to thoughts that she is broken. Whether she expresses this feeling out loud or not, it is common, and she needs her partner to be there for her. Hold her, love her, tell her she is not to blame and that it is not her fault.

Can you think of other ways to support your partner when they are experiencing pregnancy difficulties, or have had a miscarriage? Let us know your thoughts in the comments below.