

Celebrity Baby News: Former 'Bachelorette' Ali Fedotowsky Reveals She Suffered Miscarriage



By Diana Iscenko

In the latest [celebrity news](#), [Bachelorette](#) Ali Fedotowsky opened up about her recent miscarriage on her Instagram. The [reality TV](#) star said she may never “fully talk about” the experience, but she wanted to support others who miscarried. Fedotowsky continued in her post: “I’m not sharing this because I feel sorry for myself or I want others to tell me they feel sorry for me. I don’t feel sorry for myself. I feel sad for what could’ve been.” The *Bachelorette* shares two

children, Molly, 4, and Riley, 2, with husband Kevin Manno.

In celebrity baby news, Ali Fedotowsky opened up about her recent miscarriage. How do you support your partner through a miscarriage?

Cupid's Advice:

Miscarrying is painful, whether you were the pregnant parent or not. It's important to lean on your partner during this difficult time. If you're not sure how to support your partner through the loss of your pregnancy, Cupid has some advice for you.

1. Let them know how you're feeling: Make sure to let your partner know that you're grieving with them. To start healing from the loss of the child you never met, you need to let out your emotions. Even if your grief is different than your partner's, it's so important to work through this together.

Related Link: [Celebrity Baby: Ali Fedotowsky Says She Could Go Into Labor During Family Wedding](#)

2. Remember it's no one's fault: It's very common for those who lose pregnancies to think they're "broken" or that they're to blame for the miscarriage. If your partner was pregnant, make sure they know you love and support them, regardless of their ability to have kids. If you were pregnant, focus on the happiness you already have in your partner and family.

Related Link: [Celebrity Babies: Carrie Underwood Said She 'Considered Adoption' Following Multiple Miscarriages](#)

3. Talk about your experience: Once you and your partner feel

comfortable, talk to your close friends and family about what you went through. Miscarriages are common and you'll likely know others who went through the same thing. Knowing you aren't alone can help you heal.

How do you support your partner through difficult times? Start a conversation in the comments below!