

# Celebrity Baby News: Chrissy Tiegen Reveals the Surprising Way She Found Out About Her Third Pregnancy



By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Chrissy Tiegen and John Legend confirmed they're expecting their third [celebrity baby](#) through Legend's music video. According to *EOnline.com*, Tiegen revealed how she found out about her surprise pregnancy. She admitted to not knowing about the baby news when she was undergoing breast implant removal surgery in June after asked by a fan how she found out about the pregnancy. She explained that when she took a pregnancy test before the

surgery, it was negative, but after the surgery she took another and it was positive.

## In celebrity baby news, Chrissy Tiegen is keeping it real by letting fans know how she found out about her surprise pregnancy. What are some ways to support your partner through a surprise pregnancy?

### Cupid's Advice:

There is no telling how you're going to react when faced with a surprise pregnancy. That being said, you both have to be there for each other as you recover from being shocked. If you're looking for ways to support your partner through a surprise pregnancy, Cupid has some advice for you:

**1. Respond **positively**:** When a woman experiencing challenging circumstances confides she is pregnant, the reaction of the first person she tells tends to set the tone for her decision-making. Avoid responding with shock or alarm, and be calm and understanding. Let her know you're there for her and that it's going to be okay. Pay close attention to her emotional state, and act accordingly.

**Related Link:** [Celebrity Baby News: Stassi Schroeder Is Expecting First Child Amid 'Pump Rules' Firing](#)

**2. Set up a support system:** In addition to the standard baby registry, you can help her get other kinds of support by lining up much-needed, practical help. Think outside the box. Take advantage of websites that allow friends and family to

sign up to make meals, send food deliveries, or simply donate money. Some websites can even help organize other assistance like rides to the doctor, babysitting other children she may have, or help around the house.

**Related Link:** [Celebrity Baby News: Sean Lowe Admits Wife Catherine's Third Pregnancy Happened 'Sooner Than Planned'](#)

**3. Encourage her:** Society tends to focus on ways that an unexpected pregnancy can be challenging. Help your partner to think of the benefits. Remind her of the fluttering kicks, somersaults, and maybe even dance moves her son or daughter will be rocking once they grow a little more. With moms' groups and opportunities for play dates, there's a whole new social world to explore.

**What are some other ways to support your partner through a surprise pregnancy? Start a conversation the comments below!**