

Pregnant Kate Middleton Leaves the Hospital with Prince William



By Nicole Weintraub

After complications with her pregnancy, Kate Middleton was released from the hospital, according to [People](#). After suffering from severe morning sickness, the mother to be spent three nights and almost four days at King Edward VII Hospital. During her stay, Middleton was joined every day by husband Prince William and even her sister Pippa Middleton and their mother visited. The couple left the hospital together Thursday morning and offered their thanks for the hospital for taking wonderful care of Middleton. The Duchess of Cambridge is in the very early stages of her pregnancy as she will now recover from her morning sickness at the couple's cottage home.

What are some ways to take care of your partner through the ups and downs of pregnancy?

Cupid's Advice:

Having a baby with your partner is a wonderful experience, though a difficult one as well. Here are some ways to take care of your partner through the ordeal of pregnancy:

1. Have a system: Along with pregnancy comes morning sickness, a spark in hormones and cravings. A good way to deal with these sudden changes is by implementing a system. For instance, prepare a morning sickness pack with bottles of water, wash cloths, etc.

2. Be supportive: It's easy to forget that while the both of you are having the baby, technically the female is the one actually having the baby. The female is the one whose body is going through changes, so do your best to be supportive.

3. Beware of hormones: We all get hormonal and have mood swings. When we experience these mood swings we may say things that we do not mean. Try not to get too offended if your partner's mood changes quickly.

What are some ways to be supportive through a pregnancy? Share your ideas with us in the comments below.