

Channing Tatum Shows Off Wife Jenna Dewan's Baby Bump



By Jennifer Ross

On Christmas day, Channing Tatum posted a picture of himself holding Jenna Dewan-Tatum's baby bump. *People's Sexiest Man Alive* had just announced earlier this month that he and wife are expecting their first child. The picture was posted on Tatum's *WhoSay* page with the comment, "Merry Christmas." The day before, on Christmas Eve, Dewan-Tatum, 32, tweeted to her fans, "Merry Christmas and happy holidays to you all!! Hope you are having fun with loved ones! Xox." When first talking about starting a family, Tatum, 32, told [People](#), "The first number that pops into my head is three, but I just want one to be healthy and then we'll see where we go after that."

What are some ways to get involved in your partner's pregnancy?

Cupid's Advice:

A pregnancy is usually considered to be a woman's thing. However, as her partner, there are many things you can do to become involved before the baby arrives. Here are a few ways you can support your partner and feel involved:

1. Be present: Understand that you can be present during the entire pregnancy by being an active observer. Memorialize every step of the way with photos, keep track of the baby's development, give massages when needed and prepare a hospital route.

2. Get healthy too: Since mommy-to-be will need to change her diet to nourish the baby, why not change your diet as well. This means, give up alcohol and any bad-for-baby foods so as not to tempt your partner. Also, take in a little added exercise together.

3. Make decisions: With a baby on the way, you and your mate will need to make many decisions, such as buying clothing and baby furniture, whether to breast feed or not, and whether to use disposable diapers or reusable ones. To help out, take the initiative to make some of these decisions for her in order to relieve extra stress.

How did you get involved in your partner's pregnancy? Share with us below.