

# Poppy Montgomery Welcomes a Baby Girl



By Meghan Fitzgerald

Poppy Montgomery, who stars in *Unforgettable*, and her boyfriend, Microsoft executive Shawn Sanford welcomed their first child last Monday April 22nd, according to [People](#). The couple welcomed daughter Violet Grace Devereux Stanford at 7:57 a.m., weighing in at 6 lbs, 12 oz. and measuring 19.5 inches long. According to [E! Online](#), the pair released a statement, saying: “Overjoyed with the arrival of our beautiful angel and filled with gratitude that she is happy, healthy and thriving.”

**How do you support your partner through an unplanned pregnancy?**

**Cupid's Advice:**

Unplanned pregnancies are obviously surprises. They are not expected nor are they always easy to handle, so it's important to have a support system. Cupid has some advice:

**1. Family:** Your partner is going to need support through their unplanned pregnancy. Family members tend to dish out a lot of stress, as they tend to smother the mom-to-be. They want to know every single detail of the pregnancy and don't expect you to keep secrets. It's important to stand by your partner to block some of this onslaught.

**2. Every step:** Be by the side of your mate through every step of the pregnancy. Attend doctors appointments, and put pictures up on your fridge. Talk to your family about every aspect of the pregnancy and be the person people go to for help. Be the rock to your partner's pregnancy.

**3. Lend your shoulder:** Because unplanned pregnancies are unexpected, your partner may be on an emotional rollercoaster each and every day. You may not be able to do anything to change the situation, but you can certainly lend an ear (or a shoulder) and be someone they can confide in.

**Have you supported your partner through an unplanned pregnancy? Share your experiences below.**