

# Celebrity News: Hilary Duff Calls Motherhood a 'Hormonal Roller Coaster'



By Andrea Surujnauth

Hilary Duff, proud mother of one year old Luca, recently talked about the difficulty of motherhood with [Usmagazine.com](http://Usmagazine.com). "Exhaustion is a good one to start with! You're very sleep-deprived." says Duff. "Sometimes you have a crying baby and you can't do anything to get them to stop crying ... you feel, as their mom, that you should be able to have all the answers and be able to take care of them so easily." Fortunately Duff has her husband, Mike Comrie, and especially her mother to help her get through the difficult times. "She's been so great – helping me with the baby, coming over when I need to take a nap or escape for a little bit," she said. "My husband is amazing, too. If I want to run out of the house for an hour to go work out or go meet a friend for lunch, I can. I think that's really important."

## **What are some ways to support your partner through parenthood?**

### **Cupid's Advice:**

You are the main bread winner and your partner is the one that usually stays home to care for the new baby. How can you support your partner? Cupid is here with some suggestions:

**1. Alone time:** Take responsibility of the baby on a certain day of the week to allow your sweetheart to get some alone time and breathing space. Your partner will appreciate you giving them time to get out of the house on their own,

**2. Couple time:** Have one of the child's grandparents or a nanny come over to watch your little bundle of joy so the two of you can get some romantic time outside of the house. Take your partner out on a date.

**3. Encouragement:** Let your partner know that they are doing a good job holding down the household. They are working hard to keep the house running in order and taking care of your baby, let them know that you love and appreciate them.

**How do you support your partner through parenthood? Comment below and let us know!**