

Kelsey Grammer's Girlfriend Miscarries



After six weeks of mourning, Kelsey Grammer and girlfriend Kayte Walsh opened up to [People](#) over the weekend regarding the tragic loss of their unborn child. " We would like to thank all of those who expressed kindness and concern, but we needed a little time to heal, time to find some solace before we publicly acknowledged our loss," the couple explained.

What are ways to support each other after a miscarriage?

Cupid's Advice:

A miscarriage can often be one of the most heartbreaking things a couple must endure together. When dealing with this type of tragedy, it's essential that you support each other.

Cupid has some advice on how to stay strong together:

1. Be open: In light of such a tragic event, it's often

tempting to retreat into solitude in order to grieve. Don't forget that you have a counterpart experiencing the same grief that you are, and it will help the both of you to be open with each other about it.

2. Get away: If you don't feel ready to deal with the world after your loss, it's okay to take some time away from it all. Escape somewhere and try to cope with how you're feeling before jumping back into the bustle of your daily routine.

3. Remember: Find a way to cherish memories of the child that you lost. Trying to forget about what happened can often times bury feelings that will eventually surface later. Start a journal, or hold a memorial service in your child's honor. Though it can't heal all the wounds, these things can help bring a sense of closure to you and your partner.