

# Kate Middleton Attends Final Official Engagement Before Baby



By Petra Halbur

On Saturday, Kate Middleton attended a parade held in honor of Queen Elizabeth's birthday. She rode in an open-topped carriage with her brother-in-law, Prince Harry, and waved to the crowd. She later joined most of the royal family on the balcony of Buckingham Palace. According to [People](#), this is expected to be Middleton's final official engagement before the birth of her child.

**How do you make the mother of your child comfortable leading up to birth?**

**Cupid's Advice:**

Child birth is strenuous (to make a massive understatement),

but so are the days and weeks leading up to birth. Cupid has some ideas to keep the mother of your child comfortable during this nerve-racking period:

**1. Express enthusiasm:** Talk about how excited you are to be a parent. Even if there has never been any question concerning your eagerness parenthood (and if there is, resolve this issue ASAP), your partner will appreciate the reassurance at this tense 11th hour.

**2. Tell stories:** Chances are, your partner might be getting a little nervous about the prospect of giving birth. So, ask friends and relatives with healthy children to talk about their experiences with her. This will help ease her concerns.

**3. Massage:** After nine-months of pregnancy, your partner's body is bound to be fatigued and achy. Treat her to a nice massage that will soothe the pain and help her relax.

**How did you keep your partner comfortable before giving birth?  
Tell us below:**