

Celebrity 'Newlyweds' Stars Tina and Tarz Welcome a Son



By April Littleton

After two miscarriages, Bollywood star Tina Sugandh and husband Tarz Ludwigsen have finally welcomed a baby boy into their family. Tarz "Tarzie" David was born June 4, six weeks before Tina's scheduled due date. She told UsMagazine.com, "The pregnancy was a breeze, but the delivery was incredibly emotional." Even though Tarz is less than a month old, the couple is already thinking about younger siblings for him. Sugandh said, "We will keep trying until we have a girl! That's my plan."

How do you support your partner through a miscarriage?

Cupid's Advice:

Couples who go through a miscarriage are often left in a state of shock and disbelief. Sometimes, this horrible situation is

made even worse when communication stops happening in the relationship. If you are dealing with a miscarriage, it's important to keep talking to your partner and to maintain a supportive attitude toward each other no matter how much it may hurt right now. Cupid has some tips:

1. Talk: Oftentimes in situations like these, couples begin to hide their feelings from each other and forget how to communicate. Don't let your partner grieve alone. Talk to each other about all the emotions you're feeling. Talking to a family member or friend might ease the pain a little as well.

2. Give it time: Neither you or your significant other will be able to move on from this quickly. It will take time for the pain to go away and that's OK. Don't rush yourself or your partner through the grieving process. Some days will be better than others, but as long as the two of you keep supporting each other, you will both come out of this as a stronger couple.

3. Meet with a counselor: Sometimes it's not enough to just discuss your feelings with loved ones. If the relationship between you and your partner is getting worse, it's time to seek professional help. What you're going through is tough and a therapist may be able to help you in ways your family can't.

How did you support your partner through a miscarriage? Share your experience below.