

# Channing Tatum Admits to 'Crying Fits' During Daughter's Birth

By Petra Halbur

Channing Tatum has developed a newfound respect for women after witnessing his wife, Jenna Dewan Tatum, give birth to their baby, Everly. According to [UsMagazine.com](http://UsMagazine.com), Tatum appeared on *Chelsea Lately* last Thursday, June 27, where he admitted to crying during Everly's birth. "I probably went to the bathroom four times and had a crying fit," he confessed. "Like, I'm just like, 'I don't know what to do!'" His panic was caused by his inability to help his wife. "It's like someone's hurting, someone that you love, and you can't do anything about it. You physically cannot help ...Men are useless, but we are really useless during [birth]. The baby's gonna come out whether you're there or not."

**What are some ways to support your partner during childbirth?**

## **Cupid's Advice:**

Watching the mother of your child suffer through childbirth is one of the most difficult things you can experience. Just because you can't take her place, however, doesn't mean you can't help. Cupid has some ideas:

- 1. Stay by her side:** As hard as it may be to watch your loved one in pain, resist the urge to leave the room. This is the time when she needs you the most.
- 2. Hold her hand:** In addition to showing support, offering your partner your hand to squeeze during contractions can help

ease her pain- just be prepared for her to squeeze tightly and remove all wedding and engagement rings ahead of time.

**3. Offer words of encouragement:** While they may be vague and generic, phrases like “You can do it” and “I am here for you” are just the sort of thing your partner needs to hear from you as she fights through the pain and exhaustion of birth.

**How did you help your partner during labor? Tell us below.**