

Prince William and Kate Middleton Welcome Their Royal Baby Boy



By Kerri Sheehan

Kate Middleton, The Duchess of Cambridge, gave birth to a little Prince this past Monday. According to [People](#) an official statement released Monday morning from Kensington Palace read, "Her Royal Highness The Duchess of Cambridge has been admitted this morning to St. Mary's Hospital, Paddington, London in the early stages of labour." Prince William was by her side when she was admitted to the hospital just before 6 a.m. The baby's birth went as planned and the new mother and father gave the media a first glance at their bundle of joy Tuesday afternoon as they left the hospital.

What are some ways to support your partner through labor?

Cupid's Advice:

Giving birth is one of the hardest things a woman can experience. Cupid has some advice about how you can support your partner while they're in labor:

1. Music: Labor is a super stressful time for any woman, so playing some music is a great way to keep her as calm as can be. Soothing, mellow tunes will ensure that your significant other is in a good place mentally when the baby finally arrives.

2. Speak Up: Your partner already has enough to worry about so make sure that you act as an advocate for any wants or needs she has. It's your job to keep comfortable until it's time for the big push.

3. Be Prepared: Doing your research beforehand will help you know how the birthing process will go. Preparing yourself by watching birthing videos and reading up on what is to come when the baby is on its way out.

**How would you want your partner to support you during labor?
Share below.**