

# 'Bachelorette' Alum DeAnna Pappas Welcomes a Baby Girl



By Louisa Gonzales

Congratulations to the happy couple, 'Bachelorette' alum DeAnna Pappas and her hubby, Stephen Stagliano for the birth of their first child together! According to [UsMagazine.com](http://UsMagazine.com), the news of their baby girl being brought into the world was announced to the world via Twitter on Saturday, February 8th. Proud papa, Stagliano, was delighted in the welcoming of their daughter to the world, expressing in his tweet how he now has "two loves in his life!". He also thanked all his fans for all the support and love. Pappas, 32, showed her gratitude also and retweeted the message.

**What are some ways you can support your partner through**

## **pregnancy?**

### **Cupid's Advice:**

Pregnancy is one of the many wonders of this world and is a special time for a couple to experience. Finding out you're pregnant can be exciting, exhilarating, and nerve-wracking. For a lot of couples, it's the start of a new chapter. Cupid has advice on ways you can support your partner through pregnancy:

**1. Go with your partner to prenatal doctor appointments:** Both you and your partner are soon to be parents, even though only the mother is carrying the child. Show your support and let them know you are in it together, by going with your lover to their prenatal doctor visits and check ups. Experiencing pregnancy things such as finding out the baby's gender, listening to their heartbeat can be a great memory to share as a couple as well as a family. Going to the doctor's can be scary and stressful, being able to hold your lover's hand and show your love is helpful to both the mother's and the baby's health as it can help keep her calm, happy and stress-free.

**Related:** [Former 'Bachelorette' DeAnna Pappas Stagliano Is Pregnant](#)

**2. Attend birthing classes and do research together:** Signing up and going to pregnancy related classes together shows your lovebird you care and that you'll be there throughout the entire process. Many changes come with being pregnant and being prepared can help with transitioning into this new chapter of your lives. This means reading and researching on what being pregnant means, what you should do to be ready and how to make it as smooth sailings as possible. It's good to do things as a couple still because it shows the other you love them and they're not alone.

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**3. Make sure the mother to be is as healthy as she can be:** This means eating right, exercising, and keeping her away from anything that can be harmful to both her and the baby. This includes things like stress, which can weaken the immune system. Keeping the mother happy can keep her healthy and the baby. Help her stay healthy by doing it together. For example, both of you can change your diets and exercise together, you doing it too will make it easier for the expectant mother. Also, make sure your honey gets enough sleep and stays away from harmful substances such as alcohol. If you want your baby to be born healthy you both have to put in the effort.

**What do you think are good ways to show support towards your lover during pregnancy? Share your tips below.**