

# Rachel Bilson and Boyfriend Hayden Christensen Enjoy Vacation During Pregnancy



By Laura Seaman

Rachel Bilson, whose pregnancy was announced just last month, was spotted vacationing in Barbados with her boyfriend Hayden Christensen on Sunday, June 1 spending some quality beach time together. She was eating what [UsMagazine.com](http://UsMagazine.com) assumes to be her pregnancy craving food of orange soda and sandwiches. The couple when on a sailing lesson and soaked up the sun while pregnant Bilson wore a black bikini that showed off her growing baby bump.

**How do you support your partner during pregnancy?**

## **Cupid's Advice:**

Pregnancy is a very big, scary, and exciting time for many women. The best thing a partner can do is be there to support them. There are many ways to support your partner during pregnancy, and the more support you give, the better the process will be for everyone involved; even the baby, when it arrives! Cupid has some advice:

**1. Take time off and make sure you're there:** While it's important to make money to support the baby, it's also important to take the time to support the mother. During this pregnancy, things might become difficult or confusing, and it means a lot if you're there to make things better. Your time is probably the most important thing you can give to another person, so make sure your partner is getting plenty of it.

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**2. Lower the stress and have some fun:** Getting ready for a baby is stressful enough, and there's no need to pile on more. Try having some fun and getting away from the usual grind of life. Take a mini vacation, take her out for a nice dinner, or just spend the night together without electronic distractions.

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**3. Be calm and understanding:** Sometimes pregnancy can really take its toll on a woman's body and stress levels. There's a lot going on, and unless you've been pregnant, there's no way you can possibly know what she's feeling during pregnancy. So just be kind and sympathetic, and don't play down the situation or say she's overreacting. It's a big deal for her, and it should be a big deal for you.

**What are some other ways to support your partner during pregnancy? Share your thoughts below.**