


Jenni 'JWoww' Farley Welcomes Daughter Meilani Alexandra Mathews



 By Shannon Seibert

This past Sunday Jenni 'JWoww' Farley gave birth to her first born child and daughter Meilani Alexandra Mathews. Farley and fiancé Roger Mathews welcomed their happy and healthy baby girl into the world after many long months of waiting. Farley had recently posted her final picture of her baby bump, commenting on how excited she was to see her daughter. According to UsMagazine.com, the former *Jersey Shore* reality star initially didn't take well to pregnancy, but was overjoyed to meet her daughter.

How do you support your partner through the final days of pregnancy?

Cupid's Advice:

Just as Roger Mathews supported his fiancé Jenni Farley, a man can help make his partner's pregnancy more comfortable during its' final days. With the end in sight, each day seems to drag on, delaying the delivery of your little miracle into the world. In this crucial time it is imperative that each partner reaches out to each other for support in order to be fully prepared to make this wonderful addition to your family.

1. Have the birthing plan ready: Though sometimes things don't go according to plan, it's always best to be ready for anything. Pack the hospital bag, make the necessary arrangements, and have your list of people to call at hand so you can be out the door at a moment's notice. This will be one

more thing you can check off your to-do list, and it never hurts to pack things ahead of time.

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2. Get plenty of rest: The best thing you can do for your partner is to be fully rested and functional for when the special day comes. No one wants to be half-asleep or at 50% the day their child is born. This also limits the amount of stress you may be feeling with the approaching due-date. A minimum of eight hours a night may seem impossible, but for the sanity of you and your partner, and for the health of your baby, sleep is absolutely necessary.

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3. Be there emotionally for each other: The thought of bringing a baby into the world can be terrifying at times. You're about to be legally and morally responsible for another human being. Not only will you love and cherish your child, but you'll constantly be worried about whether or not you're doing what's best for them. In these last few days of pregnancy emotions are at an ultimate high, so be there to calm each other down and support one another as your due-date approaches.

How did your partner help you through your pregnancy? Share your stories with us in the comments below!