

# Source Says Ryan Gosling Cooks for Eva Mendes and Baby



By Laura Seaman

Yet another celebrity baby is on the way, and father Ryan Gosling is ready. The handsome *Notebook* actor has been caring for pregnant girlfriend Eva Mendes by both shopping and cooking for her. The couple first met in 2011, back when Gosling was quoted about wanting to have children. Now that it's happening, he seems just as excited. A source tells [UsMagazine.com](http://UsMagazine.com), "Ryan has already stepped into the role of caring father-to-be."

**What are some ways to support your pregnant partner?**

**Cupid's Advice:**

Pregnancy is a unique, magical experience. However, sometimes it can feel less than magical to the mother. Some tasks are harder and everything seems to drain your energy a little faster than usual. That's why it's so important to have a supportive partner around! Here are some ways to support your partner during their pregnancy:

**1. Take the time to be there.** If you want to show that you'll be a supportive parent after the child is born, show your support for your partner by being there here and now. Take some days off work, put your phone aside, and spend quality time with your partner. Talk about what they're feeling, what you're feeling, and what you can do to help them out on a day to day basis.

**Related:** [When are You Ready to Be a Dad?](#)

**2. Read the books and go to the classes.** Preparing for a child, especially if it's your first, can mean reading a lot of pregnancy and parenting books or going to birthing and parenting classes. It shows dedication if you actively take part in these prepping activities and your efforts won't go unnoticed.

**Related:** [Ryan Gosling and Eva Mendes are Having a Baby; Pregnancy Revealed](#)

**3. Do some extra work around the house.** Even if it's the seemingly small task of dusting a room, cooking a meal, or getting some beautiful flowers to put on the kitchen table, these are small things your partner doesn't have to do and will thank you for noticing. Parenting means teamwork, and this is an amazing start for you.

**How have you supported your pregnant partner, or how did your partner support you during your pregnancy? Tell us in the comments!**