

Former 'Brothers & Sisters' Star Sarah Jane Morris Welcomes a Baby Girl



By Brittany Stubbs

Bring on the pink decor, Ned Brower and Sarah Jane Morris are officially parents of a beautiful daughter! "Happy to share the good news that I am officially done being [pregnant and] am now mother to little GIRL, Beau Katherine, who was born on [Saturday, Feb.1]," [People](#) reports the actress tweeted this Tuesday. "In LOVE!" The former *Brothers & Sisters* star and her drummer husband also share a son, Emmett Andrew, who turned 4 this January.

What are some ways you can support your pregnant partner?

Cupid's Advice:

It's important to support your pregnant partner in any way that you can, as she is carrying your child for a grueling 9 months. Cupid has some advice:

1. Participation: Supporting your partner is all about making them feel like they're not alone. You can show your commitment by staying involved through out the pregnancy process. Attending doctor appointments, participating in the planning, and accompanying her on the shopping trips are little ways to show that though you're not the one physically carrying the baby, you're just as committed and involved as she is.

Related: [Kristin Cavallari Shows Off Baby Bump #2](#)

2. Sacrifice: Although being pregnant is truly a blessing, it

is one that involves sacrifices as well. Not only does a mother endure the obvious physical ones, but mental, emotional, and social sacrifices often occur as well. You can show your support by making some of the same sacrifices she does. Whether this be cutting back on the bar scenes, skipping the bottle of wine with dinner, or avoiding your favorite sushi restaurant, you will show your support by allowing those certain aspects in your life to change as well.

Related: [Kevin and Danielle Jonas Welcomes a Baby Girl](#)

3. Acknowledge: Although you cannot change some of the less-glamorous parts of pregnancy, sometimes just acknowledging what she is going through makes a difference. Make her aware that her struggles and sacrifices are not going unnoticed or being taken for granted.

What are some ways you have supported someone pregnant? Share your experiences below.