

Celebrity News: Nick & Vanessa Lachey Open Up About Premature Birth of Son Phoenix



By [Melissa Lee](#)

In [celebrity news](#), Nick and Vanessa Lachey recently revealed some pretty upsetting details about the premature birth of their son, Phoenix. According to [People.com](#), Nick was petrified throughout the six weeks their son spent in the NICU. On Monday night, Vanessa dedicated a dance to Phoenix on *Dancing with the Stars*. Phoenix, who was born at just 29 weeks, is thankfully doing well now, but Nick wanted to share their story to help other families going through a similar

situation. Nick and Vanessa are also parents to two other children, Camden John, 5, and Brooklyn Elisabeth, 2.

This celebrity news has us hugging our children tight. What are some ways to support your partner through a tough childbirth?

Cupid's Advice:

Despite having a difficult time with it, Nick and Vanessa shared their tough childbirth story in order to help other parents that are dealing with the same thing. If you are struggling to support your partner through a hard birth, head below to check out Cupid's advice:

1. Be as supportive as possible: It doesn't sound like a massive tip, but trust us when we say it's extremely important to be completely supportive throughout the entire process. Nothing will mean more to your partner than being 100% helpful, caring, and supportive. Emotional support is something that can't be bought, so make sure you are making the most effort to be there for them no matter what.

Related Link: [Celebrity Baby News: Heidi Montag & Spencer Pratt Welcome First Child](#)

2. Show them you care: In addition to that, try to express your love and support in little ways. Get them flowers or cook them their favorite meal – regardless of how you decide to show your love, just remember how crucial it is to make your partner feel appreciated and important. This can be more helpful than you think, so don't underestimate the importance of emotional support.

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3. Take on some of their jobs: If there are any ways you can lighten your partner's load, try your best to do so. Taking some of the weight off their shoulders is also super helpful. Try doing the laundry or cleaning the house so they have less things to stress about. At the end of the day, it's about making your partner feel as calm and loved as you possibly can.

What are some of your tips for helping your partner through a tough childbirth? Share your thoughts below.

Vanessa Lachey Explains Having Date Night on Father's Day





By Petra Halbur

Vanessa and Nick Lachey decided to dedicate last Father's Day to romance. The couple spent the day with their nine-month-old son, Camden, in New York. The happy trio took a boat ride around Manhattan and had lunch together, according to [People](#). In the evening, Vanessa and Nick treated themselves to a date night. According to Vanessa, keeping the spark alive is very important in their relationship. "I think people sometimes get lost in their kids and they may have forgotten what got them there in the first place, which is their relationship," she told [Parade](#).

What are some ways to keep the spark alive in your relationship?

Cupid's Advice:

When you and your partner are struggling to balance careers, children and other obligations, romance tends to go on the back burner. It's important to remember, though, that your relationship still deserves attention. Cupid has some ideas to help keep the spark alive:

1. Take a tantric sex class: While the meditative and ritualistic practice of Tantra entails far more than just sex, many western couples have testified that tantric sex classes transformed their relationship by introducing them to an entirely new approach to love making. At the very least, it will get you two out of the house.

2. Change it up: The next time you have a date night, don't spend it at the same restaurant you always eat at. Try something new. Go to an ice-skating rink, take a moonlit walk through the park, go dancing at a salsa club. At the very least, make reservations at a restaurant you've never been to and order a heretofore un-sampled dish.

3. Read *50 Shades of Grey*: While literary critics and feminists have taken issue with E.L James' best seller, the novel's raunchy content has reportedly saved marriages by encouraging couples to discuss sexual tastes and satisfaction.

How have you kept your relationship hot? Tell us below.

Vanessa Lachey Calls Nick Lachey a 'Dotting Dad'





By Jennifer Ross

Vanessa Lachey has definitely won the jackpot when it comes to finding the perfect man in husband Nick Lachey. Vanessa, 31, recently opened up to Sheknows.com about life as a threesome, with new baby Camden John, and what a wonderful father Nick has become. “All of my hopes and dreams have come true and he [Nick] is awesome. I was actually joking earlier that if Nick could nurse Camden he would!” Even though Camden is a peaceful baby, his loving parents were still in for a surprise awakening when it came to his feeding schedule. Vanessa explains, “I didn’t understand that they need to eat every two to three hours at first and then three to four a little after that. Sometimes we literally had 15 minutes between him falling asleep and then having to wake him for the next feed. I’m like, ‘This goes on 24 hours a day and no one told me about this part of it!’”

What are some ways to tell your partner will be a good parent?

Cupid’s Advice:

With the holidays fast upon us, chances are you'll think about spending time with your immediate family. These thoughts can lead to future dreams of having your own family traditions; but before that can happen, you have got to find the right partner. So how can you tell if he/she will make a great parent? Here are few telling traits:

1. Strong stomach: Does your partner get easily grossed out? The truth is, kids are messy, with diaper changes, spit ups and runny noses. Having a "strong stomach" to be able to handle taking care of someone when they are sick is a sign that your mate will be there when you or your little ones need it most.

2. Creativity: Because kids have such vivid imaginations, you or your partner will someday need to entertain them...possibly for hours. Having a creative mind will show that your partner has a playful sense and won't take stressful things too seriously. After all, you will need a little fun to handle life with kids.

3. Nieces/nephews: A great indicator of your partner's parenting skills is how he/she treats their nieces and/or nephews. Does your partner remember their birthdays or play with them when together? Is your mate able to show emotions freely with them? Your partner being able to care for them is wonderful practice to someday loving your own.

How did you know your partner would be a great parent? Tell us your story below.

Vanessa Minnillo Changes Her Name



Vanessa Minnillo is no more. The 31-year-old, who married Nick Lachey in July, has officially changed her name to Vanessa Lachey, reports [E! Online](#). Lachey took to Twitter to break the news, tweeting, "So. I'm making it official, and I LOVE my new name! @VanessaLachey has a nice ring to it."

What are some things to consider before changing your last name after marriage?

Cupid's Advice:

Though taking your husband's name used to be expected, more and more women are now choosing to keep their maiden names.

Here are a few things to consider before making your decision:

1. The repercussions: Having a different last name than your partner can be troublesome. Organizing financial documents, insurance papers, and other investments are often easier when you and your spouse have the same last name.

2. Your partner's feelings: If your partner wishes for you to take his name, you should take his feelings into consideration. However, make sure his wishes are only a small factor, not the deciding factor.

3. Your preference: Don't let society's expectations overrule your personal preference. It's your name, and ultimately, it's your choice.

Did you take your husband's name after marriage? Feel free to share your feelings on the subject in a comment below.