

Again, just as in the baby shower, the birthday must be celebrated. The richer the celebration, often the better the woman will feel. However, remember that if your partner's experience was negative, even a good birthday party will not take away her emotional pain – which is sometimes supplemented by physical pain especially after a surgery. The classic song's lyrics ring true "It's my party and I'll cry if I want to!" As in all things regarding birth, try to understand what your captain is feeling and fit into her world to support her.