

A NEW LOOK AT MOTHERHOOD

pregnancy

What not to buy for baby

READ THIS BEFORE YOU SHOP! p.63

CLOTH DIAPER ROAD TEST

All the facts, flushed out! p.54

Safest soothers for COLD & FLU

p.41

DADS and DEPRESSION

He's at risk too! p.85

plus

BEST DIAPER BAGS OF 2011

At home with ET's



Samantha Harris

p.73



DECEMBER 2010 / JANUARY 2011 VOL. 12, NO. 1

\$5.99US 01>

0 70989 38750 8

Future
MEDIA WITH PASSION



Features

54 Cloth diaper road test
BreezyMama.com co-founder Alex was cloth-wary to start. See what changed her mind!

63 "Do I need all this?"
You might want the latest gizmo, but does your baby need it? Put the credit card down and read this! By Pamela Paul

73 Samantha Harris
ET's mom-to-be shares the joys of expecting her second child. Interview by Abigail Tuller

Word of Mom

79 5 minutes with...
The Monster Within author Barbara Almond, M.D.

81 Relationships
How having a child awakens the mama bear within.

85 Fatherhood
by GreatDad.com
Dads get the baby blues—and worse—too. Here's how to know if he's at risk.

89 You: having a baby
It's bedtime, but that baby inside makes it difficult to sleep! Follow the You doc's sound sleeping advice.

92 Nanny Stella
Practical ways to make baby's nursery feng-shui friendly.

94 Ask our experts
Our ob/gyn, doula, and psychologist answer your questions.

96 There, I said it
Mama Never Told Me.



"I could only be so lucky to have this birth be identical to Josselyn's!"

—Samantha Harris

73

ON THE COVER

MODEL: SAMANTHA HARRIS
PHOTOGRAPHER: LISA FRANCHOT
STYLING: DARA DONOVAN
HAIR: ARRICK ANDERSON
MAKEUP: REBECCA EPIFANO

COVER: OLIAN MATERNITY SLEEVELESS V-NECK PONTE KNIT DRESS (RENTMATERNITYWEAR.COM); AQUA 3 ROW CRYSTAL WRAP BRACELETS; ARGENTO VIVO LARGE HAMMERED DISC COLLAR NECKLACE; SAMANTHA'S OWN SHOES AND EARRINGS.



54



63

At home with
Samantha Harris

We turned the tables on the Emmy-nominated host from *Entertainment Tonight* to find out just how she makes this crazy thing called motherhood look so easy



INTERVIEW BY ABIGAIL TULLER
PHOTOGRAPHS BY LISA FRANCHOT



Olian Maternity Sleeveless V-Neck Ponte Knit Dress in Red, \$35 for one-week rental, rentmaternitywear.com; Aqua 3 Row Crystal Wrap Bracelets, \$28 each, bloomingdales.com; Argento Vivo Large Hammered Disc Collar Necklace, \$278, nordstrom.com; Samantha's own shoes and earrings

Samantha on... the second pregnancy

This pregnancy has gone by much faster because with [3-year-old] Josselyn, I knew two weeks into the pregnancy. With this one, it was eight weeks, so that first trimester flew by.

Eight weeks?

I was actually quite frustrated that I didn't know earlier, because I'm very attentive to the changes that need to be made when you're pregnant. With Josselyn, I was able to be sure I was on the prenatal vitamins and alter my workout so my heart rate wasn't going too high, and stop the sushi and the other foods that you're supposed to avoid. I was definitely much more nervous throughout this pregnancy...and I continue to be nervous.

Telling Josselyn

We waited many more weeks after we found out to tell Josselyn, of course. But she was so intuitive that one day she just looked at my tummy and said, "Mommy, you have a baby in there."

So far...

She's been really excited. She'll run by me, lift up my shirt to kiss my belly, put my shirt back down, and keep running. I hope she'll be as wonderful when the baby comes. We've been trying to prepare her with books about being a big sister.

Boy or girl?

We're going to wait until the delivery, which I would have thought is more common. Apparently only 20 to 30 percent of people actually wait anymore. I didn't know I was so old fashioned!

The birth

I could only be so lucky to have this birth be identical to Josselyn's.



On parenting

“ There are minor things [Michael and I] do differently, but for the most part, we're very in sync. I'm much more cautious, that's the biggest difference. I get worried and nervous so much faster than he does, especially being a guy who grew up with a brother bouncing all over the house. For me, I'm always worried and putting my hand out to brace her for a fall. ”

Her birth was the most blissful labor and delivery experience one could ever hope for. It was like a private symphony in the labor room, because it was quiet with low light. It was just my husband, my doctor, and my nurse—so private and intimate. I delivered in 16 minutes when I started pushing—it really was three pushes and she

SAMANTHA: Rosie Pope Long Sleeve Jewel Neck Tee in Plum, \$55, rosiepope.com; Tea Collection Szekler Cardigan in Hematite, \$128, teacollection.com; Paige Straight Leg Maternity Jean, \$179, rosiepope.com

JOSELYN: Tea Collection Purity Tee in Maple Pink, \$25, teacollection.com; Tea Collection Denim Cuffed Pants in Medium Wash, \$49, teacollection.com

MICHAEL: his own clothes

was out. Granted, I was having contractions at home for probably 30 hours before that!

The epidural

The only thing that was frustrating that first time around was my whole body itched because of the epidural. So I remember that being quite distracting while I was trying to push. And then you have the shakes afterward—my teeth were chattering so much, even while I was holding her.

Nursing

Unfortunately the nursing was very challenging and incredibly painful. It took about two weeks to break through. Thankfully I made it over the hump and found the pleasure of nursing.

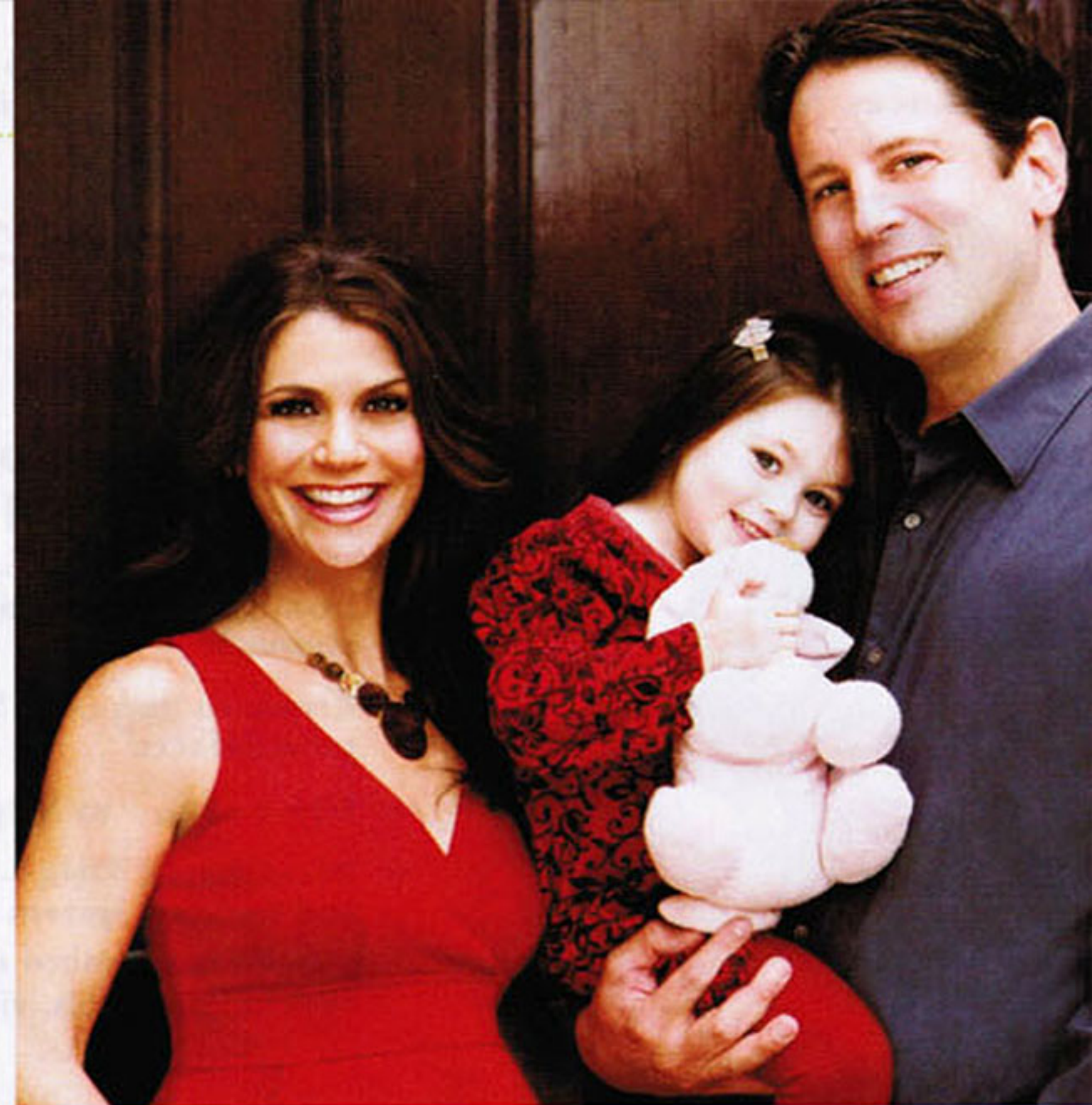
Weaning

Unfortunately, I had four bouts of mastitis, and my doctor finally said, "You can't breastfeed anymore." One time I was just in the middle of doing a *Dancing with the Stars* live show and my husband was in the audience. I walked over to him and said, "Is it really cold in here right now?" And he said, "Not at all." It turned out I'd had a 102 fever during the whole show.

There's a lot that goes with breastfeeding that's not fun, but thankfully there's also the coziness that you get to feel with the baby snuggled up against your breast. Those moments with Josselyn I will cherish forever, and I really do look forward to it with this baby.

That bod!

It's definitely much harder this time to find the time to work out. I really do try to make it a part of my day every day, so that it actually happens three to five times a week. I change it up. I like Cardio Barre or this boot-camp class down the street from my office. If I don't



Getting the glow

“ It's mostly about moisturizing. We took a little babymoon trip to Maui where I had the best prenatal massage that I've ever had. The best thing about it was they did the entire massage with a rock-hard stick of cocoa butter. When it warms in your hands, the buttery consistency rubs off on your body in kind of an oily residue, but it's somehow lovely and so moisturizing. So I kept the remnant cocoa butter, I brought it back from Hawaii, and I rub that on my tummy. Nice! ”

have the time to do that, when I'm on set we have stairs on the studio lot, and I'll put one-pound weights on my hands and try to do some exercise going up and down the stairs, taking them two by two, maybe a slow jog up, and then a really slow walk down. ●

STYLING BY DARA DONOVAN
HAIR BY ARRICK ANDERSON
MAKEUP BY REBECCA EPIFANO

SAMANTHA: Olian Maternity Sleeveless V-Neck Ponte Knit Dress in Red; Argento Vivo Large Hammered Disc Collar Necklace; Samantha's own earrings
JOSELYN: Tea Collection Ironwork Floral Red Dress, \$39, teacollection.com; Josselyn's own leggings
MICHAEL: his own clothes