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Samantha Harris

Has motherhood ever looked this good? The absolutely glowing Samantha Harris is already co-host of *Dancing with the Stars* and a red-carpet news correspondent for E!, but she's delivered more than the news this fall—she recently added "mom" to her resume with the birth of her daughter, Josselyn Sydney. Get to know Samantha a little better as **JENNIFER CAVALIER** gives you the scoop on her pregnancy, her mom-to-be must-haves and the beautiful new member of her family.



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Lauren Kiyomi dress, \$96; TART Collection cami, \$52; Adina Design necklace, \$118

We asked, she answered

Everything you wanted to know about how Samantha stayed fit, kept up with her career and remained positive during pregnancy—plus, what she really thinks about life as a first-time mom.

One of the toughest parts of pregnancy is dealing with the changes your body goes through. Did you have a hard time accepting those changes, and if so, what did you do to feel better about them?

As most people already know, I'm pretty athletic, so exercising helped me feel like I was in the best shape I could be as my body changed and grew. I had a really hard time accepting my body in the first trimester in particular, because I couldn't feel the baby moving yet, so it was hard to picture a little person inside me—but yet easy to see the bulges in my tummy and my growing waistline. I also felt that taking walks with my hubby, Michael, allowed for us to re-connect after a long workday, which always made me feel better.

You obviously worked out a lot during your pregnancy, but did you eat nutritiously as well?

I was pretty diligent about eating well during my pregnancy thanks to my friend and nutritionist Christine Bybee, but I must admit that every night I continued to satisfy my pre-pregnancy sweet tooth! Christine advised me to eat small meals every 4 hours that included a balance of protein and carbohydrates and just a little bit of fat. She also urged me to eat breakfast within an hour of waking—that was the biggest

change to my diet, but it really helped my energy level throughout the day.

I bet you needed that energy to keep up with your busy work schedule! Speaking of which, what was it like continuing to work while you were pregnant?

Well, my work schedule pretty much stayed the same, except that on show days for *Dancing with the Stars* I made an effort to take a half-hour nap in my dressing room beforehand to rejuvenate. Everyone at the show and at *E! News* was wonderful about allowing me to take my time when I needed it—I really appreciate them for that.

Will you be returning to work after your maternity leave?

Absolutely! After my maternity leave ends I plan to return to *Dancing with the Stars*.



Almost Diamonds round CZ chandelier earrings, \$60



STEAL HER SPARKLES

The gorgeous diamonds Samantha wore were custom-designed for the event by jeweler to the stars

Jeffrey Rackover. If you're looking to steal the style of Samantha's jewelry without paying the designer prices, try these budget-friendly silver and CZ alternatives.



Eve's Addiction CZ bubbles bracelets, \$68 each

[tip:] Stack two of the bracelets for the most similar look to Samantha's multi-row diamonds.



TART Collections cami, \$52; Adina Design necklace, \$1,063

RED-CARPET STYLE

It isn't easy to be fashionable for a red-carpet event when you're 9 months pregnant, but Samantha handled dressing for this year's Emmy Awards with lots of grace and style.

I wore a Dina Bar-El gown. It was perfect because it showed off what is still narrow on me—my shoulders and arms—and comfortably flowed over my belly with its empire waist. For shoes, it was all about comfort, so flats were it, and my awesome stylist, Christina Scarbo, picked up some cute bejeweled thongs made by Dr. Scholl's!

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the Stars and also resume my full-time duties over at *E!* I operate best when I have lots going on, so I'm hoping to juggle the duties of motherhood with this career I love so much. Many women before me have done it with success, so it's not like I'm reinventing the wheel or anything.

On a side note, you looked so happy in all of your photos while you were pregnant. What did you like best about pregnancy?

I loved that people are so nice to you and treat you with this sense of awe—as if you've done something no one has ever accomplished before!

Now that the pregnancy part is over, what are you most excited about as a first-time mom?

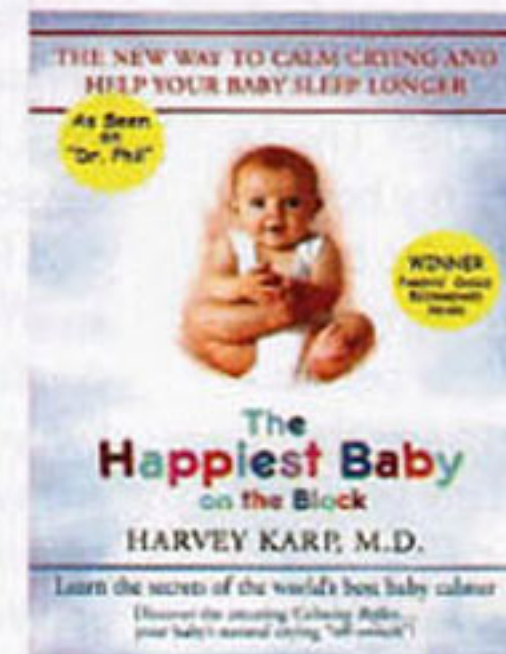
When I was a kid, I was lucky enough to grow up in a warm, loving, supportive environment with parents who encouraged my sister and me. Our parents gave us a wonderful childhood full of great learning experiences and fun—themed birthday parties, car trips to explore the East Coast, access to the entertainment world—the works. We were the tightest family foursome a child could hope for, and I can't wait to give that same childhood experience to Josselyn. So I guess that's the thing I'm most excited about—getting to pass on those experiences and traditions.

You mentioned that your family was a tight foursome. Does that mean you and Michael want more babies?

Yes. We haven't decided on a set number of kids to have or anything, but we do hope to expand our family further some day.

Have you and Michael gotten any parenting advice that you've found especially useful?

Honestly, I think the best guidance Michael and I have gotten has been from observing other parents with their kids. We've seen what works, especially from watching our friends and family, and we've seen the parenting mistakes we don't want to repeat—like taking a crying baby to a restaurant. We also read *The Happiest Baby on the Block* [by



Harvey Karp, M.D.] while I was pregnant to learn how to calm the baby. Our friends recommended the book to us, but Josselyn's only a few days old, so it's still too early to tell if any of the tricks really work or not.

You've probably already discovered that sleep-deprivation is an inevitable part of parenting a newborn. What other lifestyle changes do you think you'll have to make?

Before becoming a mom, I would try to get in some form of exercise whenever I had a few minutes to myself, because it clears my head and makes me feel strong. Now that Josselyn is here, I know that caring for her will take up a great deal of my time, but I hope to find a way to incorporate mommy workouts into my day—and as she gets to an age where she can play more, I want us to be active together at the park or the beach.

Thanks, Samantha for sharing your pregnancy experience with our readers. Congratulations to both you and Michael on the arrival of little Josselyn from all of us here at *PGM!*