

The Baby Diaries

Memories, Milestones and Misadventures

Tess Daly

Published by Vermillion,
an imprint of The Random House Group Ltd

Extract

Copyright © Tess Daly 2010

This opening extract is exclusive to Love**reading**.
Please print off and read at your leisure.

10 9 8 7 6 5 4 3 2 1

Published in 2010 by Vermilion, an imprint of Ebury Publishing

A Random House Group Company

Copyright © Tess Daly 2010

Tess Daly has asserted her right to be identified as the author of this Work in accordance with the Copyright, Designs and Patents Act 1988

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner

The Random House Group Limited Reg. No. 954009

Addresses for companies within the Random House Group can be found at www.randomhouse.co.uk

A CIP catalogue record for this book is available from the British Library
The Random House Group Limited supports The Forest Stewardship Council (FSC), the leading international forest certification organization. All our titles that are printed on Greenpeace approved FSC certified paper carry the FSC logo. Our paper procurement policy can be found at www.rbooks.co.uk/environment

Designed by Smith & Gilmour, London

Illustrations by Phoebe Kay, aged five

Picture Credits

Pages: 9, 11, 12, 16, 29, 47, 60, 74, 87, 91, 106, 127, 152, 155, 160, 175, 178, 184, 203, 229, 234, 245, 260, 263, 269, 272, 275, 276, 280: David Venni. Page 99: Getty Images. Pages 45, 72, 199: © BBC. All other photographs are author's own.

Background patterns on cover and throughout taken from *Textile Motifs of India*, published by The Pepin Press, www.pepinpress.com

Printed and bound in Germany by Firmengrippe Appl, Wemding

ISBN 978 0 09 193516 0

To buy books by your favourite authors and register for offers visit www.rbooks.co.uk

The information in this book has been compiled by way of general guidance in relation to the specific subjects addressed, but is not a substitute and not to be relied on for medical, healthcare, pharmaceutical or other professional advice on specific circumstances and in specific locations. Please consult your GP before changing, stopping or starting any medical treatment. So far as the author is aware the information given is correct and up to date as at 2009. Practice, laws and regulations all change, and the reader should obtain up to date professional advice on any such issues. The author and publishers disclaim, as far as the law allows, any liability arising directly or indirectly from the use, or misuse, of the information contained in this book

Contents

Introduction 10

Prologue 14

The First Trimester

Weeks 1 to 13

I'm Pregnant! 18

Preparing for Pregnancy 23

Everything Changes 26

Work in the First Trimester 42

My Childhood 48

The First Scan 58

The Second Trimester

Weeks 14 to 27

Changing Bodies 62

Style in the Second Trimester 65

Exercise 68

Planning for the Big Day 69

Work in the Second Trimester 71

What's in a Name? 73

Discovering I Needed a Caesarean 75

Wanting a Natural Birth the Second Time Around 76

Birth 'Advice' 78

Feeling the Baby Kick for the First Time 82

The Second Scan – Time to Find Out the Sex? 84

The Third Trimester

Weeks 28 to Due Date

- Baby Paraphernalia **90**
- Buying Clothes for Your Baby **96**
- Style in the Third Trimester **98**
- Bye Bye Feet **101**
- To Wax or Not to Wax? **102**
- Grocery Shopping **103**
- Decorating the Nursery **105**
- Preparing for the Hospital **108**
- Aches and Pains **120**
- Work in the Third Trimester **122**
- Birth Anxiety **123**
- The Final Week **125**
- Preparing for the Birth **127**

The Births

- Phoebe: The Caesarean **130**
- Amber: The Natural Birth **137**

Reality Bites

- Bringing Our Baby Home **154**
- Feeding **162**
- New Baby and Sleep **176**
- Taking Your Baby Out and About for the First Time **180**
- Using a Dummy **184**
- Outside Help **187**
- Baby Blues **191**
- Going Back to Work **196**

Six Months Onwards

- I Really am a Mum! 202
- Going on Holiday with a Baby 204
- Little Personalities 220
- Vaccinations 224
- Sleep (Or Lack Thereof!) 226
- Weaning and Introducing Solid Food 236
- Parenting 241
- Reading and Playing 244
- Style for Little Ones 254

Baby Number Two

- Deciding to Have Another Baby 262
- So Far with Amber ... 264
- Having Two Children 270

Epilogue 274

List of Useful Websites 282

Index 284

Acknowledgements 288

Introduction

The journey from finding out you are pregnant to becoming a mum for the first time is one of the most exhilarating, nerve-racking and downright exhausting things we can ever experience. Of course, everyone seems to have lots of advice about their own pregnancy and time bringing up babies, but there are no hard and fast rules for becoming a mum for the first, second or even third time. And even though I was thrilled to bits to be given the opportunity to write a book I really didn't want to make it some finger-wagging 'Thou Must Purée Organic Food and Be a Supermum' read. I wanted to share my honest experiences, good and bad, as a working mother. I also wanted to write a bit about style and fashion during pregnancy and when you become a mum. Obviously fashion will be way down your list of priorities when the baby comes. You will have a beautiful new baby to look after and whether your shoes match your top may well be the furthest thing from your mind. To be honest, for the first few weeks after having Phoebe I was so overwhelmed by this little person and the fact that I was responsible for looking after her that I was over the moon to manage to accomplish even the simplest task, such as brushing my teeth by lunchtime! But I do think that what you wear is linked to how you feel and just because you are approaching motherhood doesn't mean you have to put your hair in curlers and start wearing a housecoat. There may be times when you think that you'll never be back in your pre-pregnancy skinny jeans again, but there are lots of ways to adapt your style to your pregnancy and post-birth shape.

I know that when I first found out I was pregnant I sought out stories of other women's journeys through their pregnancies and subsequent labours. I was looking for reassurance. I wasn't blindly hoping that someone would say, 'Labour? What a doddle!' Or, 'Being a mum for the first time? Nothing to it.' The opposite in fact. I knew that it was going to be a challenge, and I wanted to hear how other women had coped. I wanted to find out whether there were any tricks of the mummy-trade or if it all just trial and error.



And this didn't just apply to my first pregnancy. Having had a Caesarean section with Phoebe, our first daughter, I was hoping for a natural delivery the second time around. I became obsessed by other women's birth stories. Labour seemed like such an unknown quantity to me. How had other women coped with the pain? What if it was unbearable and I had gone too far to have an epidural, and just had to put up with it? Had other women been as nervous as me? What if my waters broke in the supermarket? What if I didn't know how to push and my baby couldn't come out? What if we didn't get to the hospital in time and I had to give birth in the footwell of the car – or worse still, the car park! I was driving myself mad with endless 'what ifs'!

It was hearing other women's stories that calmed me and came to inspire me – surely if they could push and produce a little miracle I could too? So I hope that in sharing what I have learned as I've become a mum for the first and second time a little of it might be helpful in some way, even if it's only as bedtime reading as you wrestle under the covers trying to accommodate a lump the size of a football where a flat stomach used to be.

So this is my story of me becoming a mum. From standing in the loo waiting for the magical blue line to appear, to sitting here now with my two beautiful daughters, Phoebe who is nearly five, and Amber who is already eight weeks, and wondering how two children can create more mess than the aftermath of a music festival. I hope you enjoy it.

Love Tess
XX

Prologue

Here I am again ... the fourth night of little sleep. My boobs are aching, there are circles under my eyes that an entire tube of Touche Éclat would struggle to fix and I'm so tired I could cry. It's 3 a.m. and, for the third time tonight, I have been awake for the past hour feeding my gorgeous brand-new baby daughter Amber. She isn't sleeping too well at the moment. And it isn't just because she is so small that she has yet to work out the difference between day and night. The poor little mite has been diagnosed with gastric reflux – like heartburn to you or me – that is making her grizzly and she is finding it difficult to settle.

It is also 26°C (78°F). How do I know this? Because I'm sitting staring at the egg-shaped nursery thermometer that tells me so. It offers a smiley face for a room at the correct temperature for a newborn baby and a frowning face for a room that is too warm. At the moment it is positively snarling at me. I've opened the windows, I've put a fan on, but then decided that it cools the room down too much, and I've wafted her with a copy of *Elle*. Are her hands looking a bit blue? Is she too cold now? Should I change her? I nervously wonder. She's wearing a cute little Grobag that claims it's for the summer months, but summer months where? Here? The Gambia? I decide to change her and she snuffles as I put her into a babygro. But then she might be too cold if the temperature drops. Argh! New mum panic has set in yet again. Am I doing things right? Is she positioned correctly in the cot? Does the back of her neck feel too hot? Is it safe for her to sleep on her side? Help! Talk about paranoid. I know that I'm not alone, that there are thousands of other mums out there

going through the same thing. But as I sit here on the night shift and Vernon is soundly asleep in the spare room as he has to work early tomorrow, it's easy to feel that I'm the only person looking out of the window feeling on the verge of sleep-deprived temporary insanity.

I thought it might be slightly different this time around. After more than three years of broken sleep with our first daughter, Phoebe, both myself and Vernon had gone into complete denial about the prospect of heading back to a twilight world of walking around like zombies and hoping that one night soon we'd reach the Holy Grail of a full night's unbroken sleep ... at the same time! I grew to envy those mums with their stories of getting their three-month-old babies into a routine and having them sleep through the night. What were we doing wrong? What were they doing right? It made me want to grab them and demand 'How? What's the secret? Tell me how you've done it!'

Throughout my pregnancy with Amber we tried not to think about the sleepless nights we faced. We didn't know how we'd tackle it the second time around; we just knew that going down that dark sleepless route again just wasn't an option. It would be different this time around, we naively convinced ourselves, wouldn't it? Us being experienced parents and all that – water off a duck's back surely. And maybe it will, it really is early days, but at this very moment in time what I wouldn't give for a magic wand that would allow me and my little girl a few hours of peaceful sleep. And if it could magic this room into being the right side of 26°C then that would be just perfect ...