

A photograph of Kourtney Kardashian lying on a light blue sofa in a white, short-sleeved, knee-length dress. She is wearing black high-heeled shoes and has her long brown hair styled down. The background shows a bedroom with a bed, pillows, and a nightstand.

# Kourtney's Christmas Miracle

Of all the roles she plays on- and off-camera—business woman, TV star, supportive sib, good-health advocate—Kourtney Kardashian's favorite is that of loving mom to Mason, 4, and Penelope, 2, which is why she's thrilled to welcome a third to her brood this season.

BY MICHELE SHAPIRO \ PHOTOGRAPHY BY MARC BAPTISTE

**T**he holidays are a huge deal for the Kardashian clan. As Kourtney tells it, since she was born in Los Angeles 35 years ago, her mom Kris has thrown over-the-top Christmas Eve parties for family and friends. "Santa Claus is there, and elves and carolers. We all look forward to it every year," she says.

But the fun doesn't end at midnight. "Before the party breaks up, my mom gifts all of her kids and grandkids matching pajamas. Last year, it was red velour onesies that zipped up." The next morning, the siblings, each wearing their footed pj's, head back to Mom's for present-opening. (How's that for a paparazzo's dream shot?)

Now that Kourtney has two kids with her partner Scott Disick and is expecting a third in December, she's hatching some family traditions of her own. It's clear the fashion mogul (whose business ventures with her sisters include Dash boutiques, Kardashian Kollection and Kardashian Kids) takes parenting seriously. In fact, she has spent much of the last few years finding ways to balance professional commitments with her number-one priority: her fam. The red-carpet regular gets real about roll-up-her-sleeves mommyhood, her not-so-glamorous pregnancy symptoms and how those first deliveries really went down.

H&M dress, \$60, hm.com;  
Luv AJ cuff handpiece,  
\$90, luvaj.com; Vanessa  
Lianne Jewelry knot ring,  
\$75, vanessalianne.com;  
Alexis Russell arc ring,  
\$148, open diamond ring,  
\$268, alexisrussell.com;  
Samilynn Jewelry V ring,  
\$450, samilynnjewelry.com;  
Kardashian Kollection  
heels, \$50, sears.com;  
Cartier bracelets,  
Kardashian's own.





**Isabella Oliver** dress, \$299, [isabellaoliver.com](http://isabellaoliver.com); **Cartier** bracelets, Kardashian's own; **La Soula Jewelry** earrings, \$800, [lasoula.com](http://lasoula.com).

**FIT PREGNANCY:** Do you like to decorate for the holidays?

**KOURTNEY**

**KARDASHIAN:** I do, but I didn't always. Now that I have children, I love to decorate to create the same magical experiences my mom created for my siblings and me when we were younger. I think we had four trees last year! I take the kids to pick out a little one and we decorate it together. Also, before Christmas, I host a party for our kids and all their friends. We love to make a mess while decorating gingerbread houses.

**FP:** You're due around the holidays. Are you concerned

that your OB-GYN might be away?

**KK:** No. I'm going to keep him handcuffed to me! With Mason, I was due on December 24 and my mom said, "No, not on the night of my Christmas Eve party!" But he was born 10 days early, so we'll see what happens this time.

**FP:** Did anything surprise you about pregnancy the first time around?

**KK:** I was surprised that everyone calls it "morning sickness," because it lasted all day. For me, it was even worse at night. During my first two pregnancies I felt so nauseous all day that I could only eat plain toast and bland foods—no

*"I find a pregnant body to be beautiful and an incredible reminder of what a woman's body is made to do."*

proteins. But the nausea went away after the first trimester. This pregnancy, I get nauseous even now if I go too long without eating, and that never happened before when I was in my second trimester.

**FP:** Other than the tummy troubles, are you loving pregnancy this time around?

**KK:** I am. I love being pregnant in general. This time I'm more tired than I was the other times. I think it's because I'm always running around and working on different things. But I feel comfortable with how I look and feel. I find a pregnant body to be beautiful and an incredible reminder of what a woman's body is made to do.

**FP:** Any unusual cravings?

**KK:** Being in New York [to film *Kourtney and Khloé Take the Hamptons* for E! over the summer], I've been craving bagels. I had to have one every day. I don't eat a whole one because New York bagels are so big—I usually eat a half with cream cheese and jelly. I just tried cream cheese and honey on a toasted flugel [flat bagel]—so good.

**FP:** I saw you sipping on a smoothie while you were having your makeup done. What was in it?

**KK:** Today I had one with dates, manuka honey, fresh almond milk that I made yesterday and a little cardamom. When I make meals, I focus on how the ingredients can benefit my body. I have a yoga instructor whom I love. I met her right before I got pregnant with Penelope. She has taught me about the essence of food and what's great for your body.

**FP:** How have you changed the way you eat now that you're pregnant?

**KK:** I eat everything full-fat, especially when I'm pregnant, because I think it's important to eat whole foods. I also make sure I'm eating enough and eating often enough. Every morning I use my Vitamix to make a healthy shake. Since I have a lot of things going on, I think it's good to have certain routines in place, for me and the baby. I also try to go to bed at the same time every night.

**FP:** Do you turn in early?

**KK:** I do. I get super tired at night. Usually I put my son down at 9 p.m.; then I fall asleep with him and I'm so tired that I stay there all night.

**FP:** There was one episode of *Keeping Up with the Kardashians* in which you did a photo shoot in a bikini shortly after giving birth to Mason. Was that motivating for you?

**KK:** It was three months after I had him. Honestly, I don't know why I agreed to it. I didn't know what happens to your body after pregnancy. Luckily it was easy for me to get back in shape, because I stayed very active through most of my first pregnancy. I was a runner before I conceived so my doctor said I could keep it up. I ran every day until the seventh month.



**H&M** silver dress, \$35, hm.com; **La Soula Jewelry** earrings, \$800, lasoula.com; **Samilynn Jewelry** hand and ring bracelet, \$600, samilynnjewelry.com; **Adornia** jagged triangle ring, \$1,220, adornia.com; **Cartier** bracelets, Kardashian's own; **Ivanka Trump** heels, \$130, zappos.com.

*“Don't worry about having all of the gear and the perfect room. All that a baby needs, we have to give them.”*

We were in Miami a lot of that time, and I ran four miles a day on the beach. I put on my iPod—anything by Michael Jackson, some Kanye West and a little Beyoncé—and took in the ocean views. It cleared my mind. I think it's important to make time for yourself.

**FP:** Were you just as motivated to lose the weight after Penelope was born?

**KK:** I gained 40 pounds with each pregnancy. I'm 5 feet tall, so that's a lot for my body to carry, but I eased up and gave myself more time to lose it the second time around. My sister Kim motivated me

to workout. We were living together and she'd get me up at 7 a.m. to exercise! I don't think I would have gotten up on my own.

**FP:** Did you give Kim any advice before North was born?

**KK:** I gave her the same advice that my grandmother gave me: Don't worry about having all of the gear and the perfect room. All that a baby needs, we have to give them.

**FP:** I love that—so true! You breastfed both of your children, right?

**KK:** I nursed Mason for 14 months and Penelope for 16, and I loved it. It was built-in time that the two

*get in gear* Add Kourtney's favorite baby discoveries to your list!

**Nook Pebble Pure Crib Mattress and ChangePad**

"I love these. I never knew I could get so excited about these things!" (\$520 for both, nooksleep.com)



**Bugaboo Donkey Stroller**

"I take this to the park or for walks around the neighborhood. It's the chicest double stroller I've ever seen." (From \$1,269, bugaboo.com)

**Prada Nylon Baby Bag**

"Kim bought me this diaper bag, which I love. We are just now starting to design diaper bags to go with our children's collection at Babies R Us." (\$1,290, saks.com)



of us could share alone every day. I didn't have any goals or expectations.

**FP:** I see pictures of you on the red carpet all the time looking so glam. How do you find the energy to get dressed up and attend all these events?

**KK:** I do like to get dressed up and have a big night out once in a while. But I've learned to set boundaries and know when to say, "I just need to rest." Otherwise, people will pull me in different directions. I'm good at listening to what my body's telling me.

**FP:** You've said that you're a perfectionist. How do you keep your home life in order while taking care of two kids?



## *"If my house isn't perfectly clean, I won't lose sleep over it because my kids are my priority."*

**KK:** I'm a perfectionist about having my pantry organized, things like that. But if my house isn't perfectly clean, I won't lose sleep over it because my kids are my priority. It's OK for them to make a mess while playing and doing arts and crafts because that stuff is important for their development.

**FP:** I remember an episode of the show where you and Scott went away to Miraval and you wouldn't let him help you up a ladder—very telling!

**KK:** I think I'm a lot better at asking for help from people now than I used to be. I'm learning to trust other people to do things. My time is limited and I'd rather be spending it with my kids.

**FP:** Is that a realization you've come to recently?

**KK:** Yes. After Mason was born, I'd feel guilty doing anything that wasn't related to work. If it was a good friend's birthday and I had to go to dinner, I'd think, *I don't want to be here. I want to be at home.* After my daughter was born, I made a promise to myself to live in the moment. Now, if I have to go to New York for work for one night, I'll meet my friends for dinner and really enjoy it, or else it's not worth going. Also, Mason and Penelope have each other now, so I don't feel as guilty about leaving them occasionally.

**FP:** Makes sense. I read that you recently sold your house because you wanted more space and a bigger yard for Mason and Penelope.

**KK:** Yes. We're moved into the new house, but we're still fixing it up a little. I haven't even started to think about decorating the nursery for the new baby. The room is neutral now. It has lots of grays, which I think is pretty. We'll probably just keep it the way it is.

**FP:** Any kids' furniture designers you love?

**KK:** I love Restoration Hardware for children's furniture. I also love Oeuf, a company that makes sustainable furnishings—I bought Penelope's crib and changing table from them. In Mason's room, we have a tree bookshelf from Nursery Works. I also have a Bloom kitchen table, and they make beautiful highchairs.

**FP:** When it comes to child

### *super snacks*

Growing a baby makes you hungry, so Kourtney rarely leaves the house without snacks. What she munches between meals for an energy boost:



**Almonds** "I find it's better to eat them without the skins when I'm pregnant, so I soak them in hot water until the skins come off easily."

**String cheese** "It's easy to grab and take with me."

**Dried mulberries** "They're really, really sweet. If I'm craving cookies, they're a good alternative."



vitaPearl™

Complete prenatal in one tiny pearl

40%  
MORE  
FOLIC ACID

than the leading  
prescription  
prenatal vitamin.



Guaranteed lowest  
co-pay of \$25 or less\*

Over half paid \$0 co-pay after instant rebates\*\*

Call 1-888-228-2560

Press 1

or Ask Your Doctor

about the tiniest complete  
prescription prenatal  
vitamin available.\*\*\*

vitaMedMDRx.com/25FP  
@vitaMedMD

vitaPearl is a trademark of TherapeuticsMD, Inc.  
\*Not valid for Medicaid or other similar federal or state programs.  
Guarantee through vitaCare Prescription Services only.  
Call 888-228-2560 or 561-961-1902 or visit www.vitaMedMDRx.com for more  
information. Co-pay varies at retail pharmacy locations.  
\*\*Based on vitaCare Prescription Services filled prescriptions 7/13-4/14.  
\*\*\*Branded prescription prenatal as of 7/14

VITP-0073J V2 10/14

care, what's your plan for juggling three?

**KK:** I don't really have one yet. I love doing everything myself at the beginning. I'm not getting a baby nurse. I take two months off and no one is allowed to bother me or talk to me about anything work-related—or maybe three months this time.

**FP:** Mason's such a popular name now, so you obviously have a knack for choosing. Have you decided on one for the new baby yet?

**KK:** Not yet. Mason was the first name that I really liked when I started looking. I had a list that changed all the time, but Mason always stayed on it. A week or two before I had him, I told my aunt the name we were considering, and she said that *kardash* means “stonemason” in Armenian. She said that whenever she made restaurant reservations, no one could spell her last name, so she always used Mason. It was definitely meant to be, since I wanted something meaningful.

**FP:** And Penelope...?

**KK:** Scott and I always liked that name. My grandmother almost named my aunt Penelope. My daughter's middle name is Scotland after Scott—my grandmother came up with it as well—and we kept going back and forth on whether that should be her first or middle name.

**FP:** This time around, are you planning a home birth?

**KK:** No. I had both Mason and Penelope in the hospital and I'm doing that again. I think it's smarter and safer. I witnessed a home birth with my sister Khloé, and after seeing it, I felt it wasn't for me. There was too much risk involved and it wasn't as sanitary as a hospital.

**FP:** I remember you having many family members in the room when Mason was born. Are you planning to do that again?

**KK:** I don't think so. I really want a calm environment, and with too many people in the room it's hard to focus on what's going on. This time I think I'll have some calming music. Just no candles—I don't want any fire situations.

“By the time I delivered, I was calm. I thought, ‘This is why you have nine months: Your body needs the time to get ready.’”

**FP:** Were your deliveries different from what you had imagined?

**KK:** Yes. Both were really easy. I actually pulled both babies out of me! I wasn't planning on it. I didn't even know you could do that; it just happened. Growing up and watching movies, deliveries always looked so traumatizing, so at first I was terrified about giving birth. But by the end of my first pregnancy, I wasn't anymore.

**FP:** What led to that change?

**KK:** By the time I delivered, I was calm. I thought, *This is why you have nine months: because your body needs the time to get ready.* Both births were really magical. The second time I was more anxious because I'd done more research. I visited the hospital before Penelope was born and it just made me more nervous. In the end, the birth was just as magical as my first. Afterward, I remember thinking, *Why did I get so anxious?* You can't plan out your delivery in advance because you don't know where you're going to be and what's going to go on, so don't overthink it. It's never going to happen how you think it will, anyway.

**FP:** How was your recovery?

**KK:** I was out of the hospital so fast both times because I just wanted to get home. I stayed in my pajamas for 30 days and kept the house really quiet. It's the only time I feel I have that excuse to shut everyone out and shut everything off. That time is a gift. ♦