

FROM
SUPERMODEL
TO

SUPER MOM

When model-turned-mogul Molly Sims was pregnant the first time, she asked everyone for advice on eating healthy, dressing well and taking off the baby weight. Now, at 41, with a second child on the way, she's excited to share these findings with you in her new book *The Everyday Supermodel*—and in this exclusive interview with *Fit Pregnancy*.

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I miss it here!” says Molly Sims of Manhattan’s artsy SoHo neighborhood, where she’s joined me in a cafe for some tea and mommy talk. Sims, looking every bit the supermodel in a short, spiral-print Opening Ceremony dress and a black leather motorcycle jacket, lived nearby during the height of her modeling career, which culminated in the 2006 *Sports Illustrated* swimsuit issue (in which she memorably wore a \$30 million bikini made of diamonds). But for Sims, who gave birth to son Brooks Alan in 2012 and is expecting his little sib in March, these days are more about binkies and bottles than bikinis—a transition she’s looked forward to her entire life.

Since she and her movie producer husband Scott Stuber became parents, Sims has approached motherhood with the same determination that helped her build an entrepreneurial empire as admirable as those of fellow supermodels Cindy Crawford and Kathy Ireland. After leaving New York City for Los Angeles years ago, where she landed roles on NBC’s *Las Vegas* and movies including *The Benchwarmers* and *Starsky & Hutch*, she launched a jewelry line, Grayce by Molly Sims, and co-wrote her first book, *The Everyday Supermodel* (Dey Street Books). The book, which Sims penned while pregnant with Brooks, is filled with hard-earned advice on healthy eating, exercise, dressing and living better and, yes, pregnancy. But just as her rise from small-town Kentucky girl to cover model was not without its challenges and setbacks, neither were her two pregnancies. With her Southern accent occasionally peeking through, Sims talks candidly about her breastfeeding struggles, her crazy cravings and why she never steps on the scale.

Previous page: **Gap** top, \$60, gap.com; **Sea** skirt, \$385, 305-674-7899 to buy; **Vincente Agor** earrings, \$6,160, and green stone ring, \$5,765, stylebymax.com; **Anahita** bracelets, \$5,995 each, anahitajewelry.com; **Jill Golden** cuff, \$205, jillgolden.com; **Simon G. Jewelry** ball ring, \$3,300, simongjewelry.com; **Blaine Bowen** V ring, \$460, blainebowen.com. This page: **A.L.C.** top, \$395, and skirt, \$495, Nordstrom stores; **Michael Kors** X ring, \$65, michaelkors.com; **Nashelle** ID ring, \$53, nashelle.com; **Nissa** plain ring, \$30, nissajewelry.com; **Marli** hinged cuff, \$9,900, marlinyc.com.



Stella and Jamie top, \$168, and skirt, \$218, stellaandjamie.com; **Trollbeads** bangles, \$133 each, and pearl rings, \$65 each, trollbeads.com; **Tacori** earrings, \$1,190, tacori.com; **Nissa** ring, \$33, nissajewelry.com; **Danielle Stevens** word necklace, \$135, daniellestevens.com; **Vanessa Lianne** necklace, \$160, vanessalianne.com.

FIT PREGNANCY: Now that you're a pregnancy pro, was the second one any easier?

MOLLY SIMS: No! When I was pregnant with Brooks, I started feeling ill at around 4 p.m. every day during the first trimester. But with

this one, I felt hungover from the time I woke up to the time I went to sleep! I'm 41, so I had an ultrasound and blood test to make sure everything was OK. We waited until we got the results at 14 weeks to tell anyone, but my in-laws came to visit early on and they said I looked green!

FP: What were the most helpful things you picked up from the first go-round?

MS: I learned not to freak out over every single symptom, and now I know exactly how many onesies I need when the baby arrives. I don't have the anxiety of being a first-time

mom. Moreover, I know to wear my Spanx tights when I go out, and my T.E.D. compression hose when I fly to prevent blood clots.

FP: Did your first birth go as planned?

MS: No, I had a difficult time with Brooksie. First, I had a velamentous cord insertion [when the umbilical cord inserts into the fetal membranes rather than the middle of the placenta, causing a higher risk of rupture]. The doctor monitored me closely throughout the pregnancy, and I had a scheduled C-section to protect the cord, which was necessary, but disappointing. This time, I don't have the same condition, so I'm not opposed to a VBAC [vaginal birth after Cesarean].

FP: Did you breastfeed?

MS: When Brooks was born, my milk never came in, and I tried to breastfeed for three months. I drank fenugreek tea. I tried this supplemental nursing system where he drank formula from a tube next to my breast. I felt awful and ashamed. I wanted to breastfeed because it's so good for the baby, so I worked with a lactation specialist. But after three months she said, "You're done. You don't have any milk." I learned later that I had developed thyroiditis, an inflammation of the thyroid gland

during pregnancy, which definitely impacted my milk supply. The hypothyroidism associated with the condition also made me gain a lot of weight when I was pregnant, and made it hard to take off afterward. I'll try breastfeeding again, but if it doesn't work, I won't push it.

FP: How much weight did you gain?

MS: I put on 65 pounds. As a model, I've always had to watch my weight. I'd never been pregnant

herbalist, and the weight still didn't come off. My neck looked like a linebacker's. So I had an ultrasound and a biopsy, and that's when I found out about the thyroiditis. Fortunately, it's treatable with medication. I feel good, but I still get blood tests every month.

FP: So scary! What did you learn from the ordeal?

MS: If you have trouble losing the baby weight even when you're eating

"I bought a piece of cake and ate it with a plastic fork sitting in my car. That's when you know you're pregnant!"

before, but I thought it was strange that I was getting so big. I didn't weigh myself, because I didn't want to get in the modeling mind-set of putting too much stock in the numbers on the scale. On the day I went in for my C-section, I stepped on the scale, but I didn't look. My husband saw the number—204!—and he was afraid to tell me. Three months later, I had lost just 25 pounds, even after exercising up to two hours a day. I wore a corset, tried acupuncture and went to a Chinese

well and exercising regularly, do not stop asking questions and saying, "I think something may be wrong." People told me, "It's your hormones" or "You're just eating too much." But it turned out to be my thyroid.

FP: Speaking of eating, do you have any unusual cravings?

MS: Normally, I only like sweets right before I get my period. Now I want them more often. I love pineapple, grapes and birthday

nursery finds

Sims and her husband Scott are hoping to move into a new home before child No. 2 is born. But she's already in nesting mode, and if the dream space she created for 2-year-old Brooks with interior designer Kishani Perera and the team at Layla Grayce is any indication, the new baby is in for a treat. Here are a few of Sims' favorite decorative finds.



Ducduc Austin Crib

Sims selected the white version of this minimalist, box-framed crib as the room's focal point. (from \$1,495, ducducnyc.com)



Aden + Anais Classic Crib Sheet

This sheet, which Sims bought in dark blue muslin, is breathably soft against a newborn's skin. (\$30, adenandanais.com)



Ducduc Savannah 4 Drawer Changer

With its removable changing tray, this sleek dresser will store Brooks' clothes for years to come. (from \$1,850, ducducnyc.com)



Serena & Lily Ellie Side Table

This elephant-shaped pedestal is one of Sims' favorite acquisitions. (\$150, serenaandlily.com)



Anthropologie Savannah Story Bust

Giraffes are a favorite in the nursery; this papier-mâché head, made from vintage book pages, was husband Scott's find. (\$68, anthropologie.com)

cake—especially the icing. When I was pregnant with Brooks, I bought a piece of cake and ate it with a plastic fork in my car. That's when you know you're pregnant!

FP: Sounds delicious! How do you balance out those indulgences?

MS: I stay away from foods labeled “nonfat” and “sugar-free.” Instead, I watch portion sizes and snack on whole and natural foods, like apple slices with almond butter and pita with hummus. The one thing I worry about is being around to see my kids

“When I was younger, I’d go to psychics and ask if I’d have kids. They always said yes, and now here I am!”

grow up, which is why a healthy lifestyle is so important to me.

FP: Well, you look amazing—any tips for the rest of us about how to dress chic when pregnant?

MS: I’ve learned that the more figure-skimming a dress is, the slimmer you look. I love wearing long tank dresses with jean shirts tied above my stomach. I sent a friend to get me a long tank top from A Pea in the Pod this time before anyone knew I was pregnant. I have it in four colors. It’s stretchy and you can layer it under a cardigan or blazer with black pants, leggings, or jeans. And I love the Belly Belt—I can still wear my prepregnancy jeans with it.

FP: Do you ever just want to lounge around in sweats?

MS: My mom taught me that if you feel good, you look good. She was a full-time working mother with two kids, and she always made time to look presentable, even on weekends. After Brooks was born, I wore sweats at first. But for my state of mind, it made a difference to get up and get dressed in decent clothes even if I had nowhere to go. I also believe in scheduling occasional beauty

appointments. If you get your hair blown out or a manicure, you’ll feel better about yourself.

FP: You got pregnant very soon after you married. Did you and Scott have to learn a lot about each other quickly?

MS: I always knew Scott would be an amazing father, and we became a team very early on. Some moments during my first pregnancy were good; some were really tough. He stepped up and said, “We’re going to get through it.” I had to stay in the hospital for five days after I delivered

Brooks because my blood pressure was high, and Scott never left my side. But there’s no question things change after the baby arrives. One day Scott was trying to read the newspaper and got frustrated because he had to keep getting up to help with Brooksie. I said, “Our life isn’t the same anymore. We have no time to read the paper!”

FP: I love the name Brooks Alan—how did you come up with it?

MS: My husband was addicted to the Nameberry app. He actually made me a PowerPoint presentation of his favorite names like Finn, Brooks, Weston and Grayson. He’s a big baseball fan, so he loved the name because of [Baltimore Orioles

Hall-of-Famer] Brooks Robinson, and there was a Brooks on my mom’s side. As for Alan, it’s both my father’s and Scott’s middle name, so that was an easy decision.

FP: Makes sense. So, are you a pretty laid-back parent?

MS: I try to be. Kids feed off your energy. Just as a dog knows when you’re sick, a baby knows if you’re flustered. You’ve got to keep calm and not raise your voice. I’m all for time-outs and structure. I’m also for having a good time, but my toddler knows when I mean business. I learned this from my mother, who was not my best friend. She was a mother first, a friend second. She didn’t try to dress or act like me. Some parents try to be their kids’ best friends, and it can be detrimental.

FP: You were 39 when you had Brooks. Do you wish you’d become a mom younger?

MS: I would have been a good mom earlier, but I didn’t find my prince until I was older. I don’t regret starting later—everything I’ve wanted to do, I’ve done. I lived in Europe for six years, waitressed, worked at a book company and in a law office. I was really ready for Brooks by the time I had him.

FP: Sounds like you were born to play the role of Mom.

MS: Absolutely! I can’t wait to have a second child. When I was younger, I’d go to psychics and ask if I’d have kids. They always said yes, and now here I am! This morning when Brooks stood there in his diaper just looking at me, it was the best feeling ever. ♦

the treatment sims swears by

As Sims explains in her book *The Everyday Supermodel*, she turned to acupuncture both before and during her pregnancies. “I used it to prep my body for pregnancy, and once I was pregnant, I went weekly—the sessions definitely reduced my back pain, big time,” she says. (Sims points out that many pain medications are off-limits when you’re pregnant.) She believes the treatment also helped ease her bouts with morning sickness, and research suggests that acupuncture may relieve symptoms in those struggling with depression or fertility issues. Best of all, Sims’ sessions allow her to unplug for 60 uninterrupted minutes every week. “There’s no phone or email for an hour,” she says. “That’s my meditation.”
