

Celebrity Baby: Duchess Kate Is Enjoying Her Last Months of Pregnancy



By [Jessica Gomez](#)

In [celebrity baby news](#), Dutches Kate is enjoying the ending of her royal pregnancy, which wasn't the case during the beginning of it, according to [UsMagazine.com](#). “[She is] enjoying her later months of pregnancy and feeling great,” said a source. “It’s amazing what a difference the later trimesters feel like compared to the early days, which she really struggled with more than ever this time.” This celebrity baby is coming soon, and with less hassle now it seems!

We're highly anticipating this celebrity baby's entrance to the world. What are some important ways to prepare for the birth of your child?

Cupid's Advice:

While pregnancy can be a beautiful time, it can also be the opposite of graceful. There are many things you can do, but here are a few:

1. Eat smaller portions, but more meals, to relive heartburn:

Instead of eating three big meals three times a day, aim to eat several small ones throughout the day. Also, eat slowly. Overfilling your stomach can cause an acid reflex, resulting in heartburn.

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2. Get you a prenatal acupuncturist: It can help reduce morning sickness, insomnia, and fatigue! Acupuncture is known to help with many things. It relaxes you and can elevate your mood. It can also help with headaches and back pains. Soothe yourself, your body deserves it!

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3. Work out: We all know working out has benefits! Although you should get enough rest while pregnant, working out is also important. It will boost your energy, fight fatigue, and certain exercise can help reduce back and pelvic pain as well.

What are some things you did during your pregnancy that you

swear by? Comment below!