

# Snooki Has Some Mommy Advice for Kate Middleton



By Jennifer Ross

Now that Nicole “Snooki” Polizzi has had time to settle in with her new role of mommy, she is ready to become a mentor. With the world’s eyes set on Kate Middleton, Polizzi proposes a few words of advice to the Duchess about becoming a new mom. “It’s hard, but don’t stress out. Enjoy your pregnancy and be excited,” the *Jersey Shore* star told the [New York Daily News](#). Now that the Duchess, 30, has been released from the hospital after being treated for hyperemesis gravidarum, Polizzi encourages her to relax more when out of the spotlight. “Enjoy your time at home – or the castle, in her case – with the baby, especially the first few months.” Pregnancy is definitely not easy. Even so, Polizzi knows from experience,

it will be worth it in the end. "You'll get to know him/her, keep them safe and fall more in love each day."

## **How do you prepare your busy lifestyle for a child?**

### **Cupid's Advice:**

You may not be royalty, but that doesn't mean your life isn't just as hectic and fast paced. With a new baby on the way, you will need to make a several changes along the way to adjust and keep your sanity. Ready to take notes? Here are a few ways to prepare you busy life for a wonderful new addition:

**1. Slow down and ask:** If you are used to running around, multi-tasking and problem solving on your own, come to the realization that your unborn baby will need you to slow down. Pregnancy will challenge your body physically and emotionally. The sooner you learn to slow down and ask for help, the better for you and baby.

**2. Remember to eat:** In order to give your baby the best chance at growing healthy within you, your health is more than necessary, it's vital. Regardless of your busy schedule, always make sure to eat healthy and often. A good way to help with this is to have snacks at work and carry some with you just in case there's no time for a full sit-down meal.

**3. Exercise in moderation:** While it is very important to stay active during your pregnancy, your exercise routine may need to change a bit. High internal body temperature is not safe for baby and could cause birth defects. Also, activities at different altitudes, such as skydiving or scuba diving could be potentially risky. As always, consult your doctor about which activities are right for you.

**How did you prepare your busy lifestyle for your child? Share with us below.**