

Why Kate Hudson Kept Pregnancy a Secret



☒ Kate Hudson isn't keeping quiet any longer. The actress has publicly announced that she is pregnant with her second child by her rockstar boyfriend Matthew Bellamy, [People](#) reports. Hudson tells *The Times* that she has been having bouts of morning sickness but couldn't tell anyone, not even her closest friends. "But I didn't want anyone to know for a long time," she said. "I was just hoping that all of a sudden, I could show up somewhere with a big belly." Hudson says her due date will come this summer, making her son, Ryder, 7, who she had with her ex-husband Chris Robinson, a big brother.

Should you keep the news of your pregnancy from your friends?

Cupid's Advice:

There are few things more exciting in life than announcing a pregnancy to all of your friends and family. But sometimes, depending on the situation, it may be best to keep mum for the first few weeks:

1. A new chapter: Your new life isn't going to start once you leave the hospital nine months from first finding out about your pregnancy, but instead right then and there. When you first hear that you're pregnant, it's a lot of information to take in all at once. It's okay not to tell anyone until you yourself can handle the news.

2. Work-related: You may be ecstatic about being pregnant, but will your employer feel the same way? It can nerve-racking to tell your boss that you'll be needing to take maternity leave, especially if you've just received a recent promotion. Take a little time and some deep breaths before you announce it to

the workplace.

3. Everyone wants a piece: Others may not realize that your pregnancy is yours alone. Advice, questions, belly touches and name suggestions will be flying their way right into the delivery room. By not making your pregnancy public right away, it will give you a little more privacy and a lot less stress.