

Celebrity Parenting: Victoria Beckham Shares How Motherhood Affected Her Body Image



By Ahjané Forbes

In [celebrity news](#), “I accept who I am,” said former Spice Girl, [Victoria Beckham](#), as she opened up to *Glamour UK* about being a mom and her body image. The [celebrity parent](#) has revealed that she has struggled with body image in the past. After having a baby, your body will change, but it’s up to you to have a positive outlook on it. The model explains that your children will notice you not taking care of yourself or having a body positivity issue. Beckham says that teaching your children how to love themselves will help you love yourself more. She commented on her body now saying, “I make the best of who I am!”

Even in celebrity parenting, there are insecurities. What are some ways to combat body image insecurities after having a child?

Cupid’s Advice:

Body image insecurities have become the new normal. Certain body types are viewed as “most acceptable” or “most appealing”. However, body types that are outside that realm are considered “unacceptable” and “unattractive”. Cupid has some advice about staying positive after having a child:

1. Be YOU!: You're still that same person you are before you had a child. It's important to keep a positive mindset. Our bodies go through changes over time, so don't start saying things like, "I looked like this at one point" or "I was this size". Don't put yourself in a category; love who you are.

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2. Try something new: Doing a new activity or meeting new people can switch your mindset from a dull one. Join an exercise class with other moms, and start from there. Surrounding yourself with women who are going through the same thing as you are will lead to you empowering each other.

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3. Go shopping: Yes, your body has changed, but that does not mean you have to stop looking gorgeous. You might need to change your size, your store, or your taste. Start simple by buying a top, a new pair of denim jeans or even a mini dress. Put that outfit on and walk your baby through the mall with confidence. You'll be surprised by how many compliments you'll get. You might even inspire another mom to be just like you!

What are some ways you coped with body image after having a child? Let us know in the comments below!