

# Celebrity Parents: Reese Witherspoon Admits to Being 'Terrified' to Become a Mom at 22



By

Carly Silva

In the [latest celebrity news](#), Reese Witherspoon got very honest on *The Drew Barrymore Show* when the megastar talked about balancing motherhood and work in her early career. According to *EOnline.com*, the [celebrity parent](#) admitted to being “terrified” to become a mother after getting pregnant at age 22.

# Celebrity parent Reese Witherspoon is opening up about the feelings she had when she was pregnant at 22. What are some ways to keep your fear at bay while pregnant with your first child?

## Cupid's Advice

Getting pregnant for the first time can most definitely be scary. If you're a soon-to-be mother looking to keep your fear at bay while pregnant, Cupid has some advice for you:

**1. Read about motherhood:** One thing you can do to relax your fears is to start reading. If you get more knowledgeable and familiar with the idea of motherhood, it might not scare you so much anymore.

**Related Link:** [Celebrity Baby News: Former Glee Star Lea Michele Gives Birth to 1st Child with Husband Zandy Reich](#)

**2. Look for support from others:** Reach out to other women going through the same thing is a great way to get support and reassure yourself that you aren't alone. Many mothers have the same fears, so it may be helpful to talk and relate to them.

**Related Link:** [Celebrity News: Hailey Bieber Says She and Justin Haven't Made Any Quarantine Babies](#)

**3. Try to focus on the excitement, not the fear:** Even though you might be overcome with fear during your first pregnancy, try to focus on the excitement and joy you will experience once your baby is born. This will help you to stop focusing on your nerves and be able to love the little one you're expecting.

**What are some ways to keep your fear at bay while pregnant with your first child?**