

# Rumor: Is Kate Middleton Pregnant?



Kate Middleton may have some expectant news to share with the world soon, according to [UsMagazine.com](http://UsMagazine.com). Rumors began when the Duchess of Cambridge refused to eat peanut paste, a food meant to be avoided by women who are expecting a baby. Now, the 29-year-old wife of Prince William has been seen holding, patting, rubbing and even cradling her stomach. When visiting a UNICEF distribution center in Copenhagen, Denmark recently, an onlooker described Middleton's actions as "very noticeable" and said, "She continually patted [her stomach] and held her hands against it. She must have been doing it without realizing it." William and Kate do intend to have children in the future, but it looks like the time for them to start a family may be sooner rather than later.

**How do you keep your pregnancy a secret until you're ready to reveal it?**

**Cupid's Advice:**

If you're not quite ready to share the joyous news of a pregnancy yet, there are ways to keep it quiet for a while:

**1. Resist the hand-on-tummy move:** Sometimes expectant mothers unknowingly rest their hands on their stomach, like Kate Middleton has been seen doing. When trying to hide a pregnancy, be conscious of this action and make an effort to keep your hands on your hips or elsewhere.

**2. Dress to hide the bump:** No one said that mothers-to-be can't be trendy. Wear clothing that's both in style and flattering to your growing figure, such as empire waist tops or dresses.

**3. Look the part:** If you don't want people to know you're pregnant, don't look pregnant. This means keeping up with your hair and make-up and avoiding the puffy eyes which can cause a co-worker or friend to ask, "Are you feeling okay?"

**What are some ways you know of to keep one's pregnancy a secret? Share your ideas below.**