

# Tamara Mowry-Housley Spills How She Found Out She Was Pregnant



Finding out you're pregnant is one of the most exciting and overwhelming things a woman will ever experience. Tamara Mowry-Housley of *Sister Sister* and *Strong Medicine* knows this feeling all too well. The star tells [People](#) that she and her husband, Adam Housley, hadn't made a conscious decision to get pregnant, but decided to leave their fate up to God. Two months later, Mowry-Housley found out the couple would be starting a family! She snapped a picture of the pregnancy tests and sent them to Housley, stating, "HAPPY EARLY FATHER'S DAY!" After thirty minutes of no response, she called him and told him to check his texts. The star says that once he saw the pictures, he responded with, "C000L!!!"

**What are some ways to announce your pregnancy to your partner?**

## **Cupid's Advice:**

Tamara Mowry-Housley got creative when telling her hubby they would be having a child. Here are some fun ways to let your man know you'll be starting a family:

**1. Spell it out:** Does your man have a favorite dessert, like chocolate cake or a certain cookie? Make a special dinner, and then bring out the dessert with the words "I'm Pregnant!" or "9 Months 'Til You're A Dad!" written on it in frosting!

**2. Decorate:** Before your man gets home, decorate the place with pink and blue flowers, streamers and balloons. Surprise him with the great news when he walks in the door.

**3. Photo evidence:** Take a cue from Mowry-Housley and snap a picture of your sonogram or pregnancy test, and text it to your man. If you'd rather be there to see his reaction, print the pictures and put them in an envelope. Address the envelope to him with the return address saying something cute like, "Stork." Leave it with the rest of his mail and wait to see his confusion turn to joy!

**How did you let your man know you were expecting? Share your story below.**