

# Melissa Joan Hart Says She 'Hates Being Pregnant'



By Nic Baird

She's done it three times now, but actress Melissa Joan Hart says she hates having a bun in the oven, [People](#) reports. "It a huge adjustment and you have to change your whole lifestyle for a few months," Hart says. The lack of energy and dietary changes caught Hart as she and husband Mark Wilkerson were dealing with the wild antics of toddler boys. Mason Walter, 6, and Braydon Hart, 4, were joined by Tucker McFadden this September. "I would have seven babies if I didn't have to be pregnant," Hart says. "I hate being pregnant."

**What are some ways to help the mother of your child stay positive during pregnancy?**

**Cupid's Advice:**

There's a lot to do when you find out you're expecting. But like buying presents for Christmas, these preparations should be joyful, exciting, and obviously stressful. While you can't avoid the ladder, you need to be there to keep the joy and excitement alive. Cupid has some advice on how you can help the mother of your child during pregnancy:

**1. Take her out:** Exercise is a great mood lifter. While there should be many classes in your area tailored for your pregnant partner, it's better to find activities for two. Try going for a walk to a nearby park and sitting for awhile. Vitamin D powers your significant other's vitality!

**2. Give her support:** It's no secret that moods intensify during pregnancy. Expect a lot of fluctuation in emotions during the first eight to 11 weeks. Hormones will balance out later, but this is a crucial time to support your future child's mother. Don't try and correct things your partner already knows. Instead, be a sounding board for what they're feeling, and offer your sympathy.

**3. Be ready:** First, be thankful. You're not the one whose body is not going through dramatic, stressful, and ultimately painful changes. Despite this, there's still plenty of work to be done to welcome a new child. Take as many of the pregnant lady's worries as she'll allow. Educate yourself, prepare, and make sure your partner has everything she needs for a healthy, comfortable pregnancy.

**What are some ways to stay positive during a pregnancy? Share your experiences below!**