

# Kim Kardashian and Kate Middleton Are Both Expecting in July



By Nic Baird

Kim Kardashian and Kate Middleton each revealed this week that they are due to have their first child in July, [UsMagazine.com](http://UsMagazine.com) reports. The Duchess of Cambridge revealed the news on Monday, while Kardashian shared her due date on the *Today* show on Tuesday. Kardashian has faced criticism over her pregnancy with boyfriend Kanye West, despite being still legally married to Kris Humphries, though she filed for divorce in 2011.

**How do you keep your pregnancy under wraps at first?**

## **Cupid's Advice:**

Maybe you haven't figured out all the details of your pregnancy and birth, or maybe you're not ready to announce it to the world, but whatever the reason you have a right to keep your affairs to yourself. Make sure that you're doing it for the right reasons, and never shy away from confronting your long term plan. Otherwise, complications will keep building up!

**1. Trust someone:** If you think your relationship is too rocky, find a friend or a family member, but don't try and keep this a secret by yourself. This is a crucial time when you need support in your life, don't be a lone wolf. Two heads are better than one, so find another.

**2. Focus on yourself:** Sports, exercise, art, music, new skills, new projects, and anything that is healthy to do in your condition. Research how you can be healthier as a pregnant woman, and find the knowledge you'll need as the child develops. Take up your time with these productive ventures and you'll have a way to acknowledge your secret without sharing it.

**3. Camouflage:** Actively trying to hide something takes work. Make sure you have excuses for any pregnant behaviour, like sickness, appetite, or energy. Obviously your wardrobe will have to simultaneously conceal your pregnancy without drawing attention to your stylistic choices. Again, having a friend for a second opinion could help a lot!

**What are ways to keep your pregnancy hush-hush? Share your comments below!**