

Celebrity Mom: Kim Kardashian Admits Pregnancy Is Tougher Than She Thought



By Andrea Surujnauth

Kim Kardashian shared the experience of her first pregnancy with [People](#), and unfortunately, her experience is not what she expected. "Being pregnant is not as easy as my sister [Kourtney] made it look or as my mom [Kris Jenner] has made it look," Kardashian told *E!*. The 32-year-old admitted that she hasn't been able to be as active as she usually is. "It's a little painful. I've gotten sick a couple times, and that puts you out. I like to be active ... but I've been chilling out. I took a week off just to rest. It was amazing," she said. And what has Kim Kardashian been craving throughout her pregnancy so far? "I'm craving carrots and ranch dressing," she said. "I used to love sweets – not anymore. [I] can't even eat chocolate." This will be her and her boyfriend, Kanye West's,

first child.

What are some ways to help your partner through the tough parts of pregnancy?

Cupid's Advice:

When your partner is pregnant, it may be difficult to figure out what you could do to help her out. You see her getting sick constantly and feeling tired most of the days. What can you do to help her? No worries, Cupid is here with some suggestions for you:

1. Nausea: Help your sweetheart through her morning sickness by keeping the house stocked up with ginger ale, crackers, and ginger or peppermint tea. All of these remedies can help her and if you're the one to serve it to her, she will be extremely grateful!

2. Exhaustion: While pregnant your love may feel tired most of the time. Help her out by doing some of the household chores so she will have some extra sleep time.

3. Pain: Being pregnant can also be a painful experience. Having a little person kick you from the inside is definitely not a walk in the park. The weight of her growing tummy is also taking a toll on her back. Give her a backrub before bed. This will do wonders for her. And remember, a happy mommy is a happy baby!

How did you help your partner during her pregnancy? Comment below and let us know!