

Celeb mum secrets

I feel so
lucky

Prima Baby
EXCLUSIVE!

Weather presenter Clare Nasir, 41, on her life as a parent after an eight-year fertility struggle

Smitten doesn't even begin to describe how Clare Nasir feels towards her 2-year-old daughter, Sienna. 'I wake up every morning thinking it's Christmas because she's here,' beams Clare.

'We go downstairs in our pyjamas and play. Sienna loves her train set, drawing and reading.'

It sounds idyllic, but the journey to motherhood wasn't easy for Clare.

For many years, she suffered with acute fibroids in her womb that swelled to the size of a rugby ball. By the time she met her husband, BBC Radio 6 Music DJ Chris Hawkins, 35, her chances of conceiving seemed slim. Shortly after they married six years ago, Clare had surgery to remove the fibroids. 'We thought that having children would be straightforward after that,' Clare explains. 'But we tried for two years, and nothing happened.'

The couple turned to IVF. 'We were desperate for a family, and I wanted to explore every option,' says Clare. 'Fertility treatment is incredibly tough though, because of all the drugs. Emotionally, it takes its toll, too.'

Clare then tried acupuncture, which she believes helped rebalance her body. The second IVF cycle worked and she was thrilled to discover she was pregnant. 'I'll never know if it was because I had acupuncture,' says Clare, 'but I'm absolutely sure the two were connected.'

However, her troubles didn't end there. 'It was an awful pregnancy,'

she says. 'My waters broke at six months. I was in hospital for two weeks followed by five weeks lying in bed trying not to lose our baby.'

Sienna was finally born at 31 weeks weighing a tiny 3½lb. She stayed in intensive care for six weeks before Clare could take her home.

'She was such a little fighter who survived against all the odds,' says Clare.

Having waited years to have her daughter, Clare is enjoying being an older mum.

'I feel so lucky. If I was working as hard as I was when I was younger, I'd never be able to enjoy this time', she says. 'Now I work part-time and have a nanny-share with my friend Kate Garraway who lives round the corner with her two children, Billy, 2, and Darcy, 6. Billy and Sienna are best friends.'

While Clare loves motherhood, she's fought hard to get her pre-pregnancy body back. 'I have to think about it every day and make sure I don't pick at Sienna's leftovers,' she admits. 'I stopped eating bread and potatoes and cut out alcohol. I also started exercising four times a week.' But she never doubts it's all worth it. 'Sienna is a brilliant addition to our family. Even



Family life: Clare, Chris and Sienna

when she's naughty, I just laugh inwardly at how spirited she is. We'd love to have a bigger family, but we're wary after all that disappointment. We do have some embryos frozen from when we were trying for Sienna, so never say never!'
♣ Clare is supporting the British Acupuncture Council. Visit introducingacupuncture.co.uk PB

Feature: Debby Marco Photos: Getty