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JULY/AUGUST 2010 VOL. 11, NO. 7

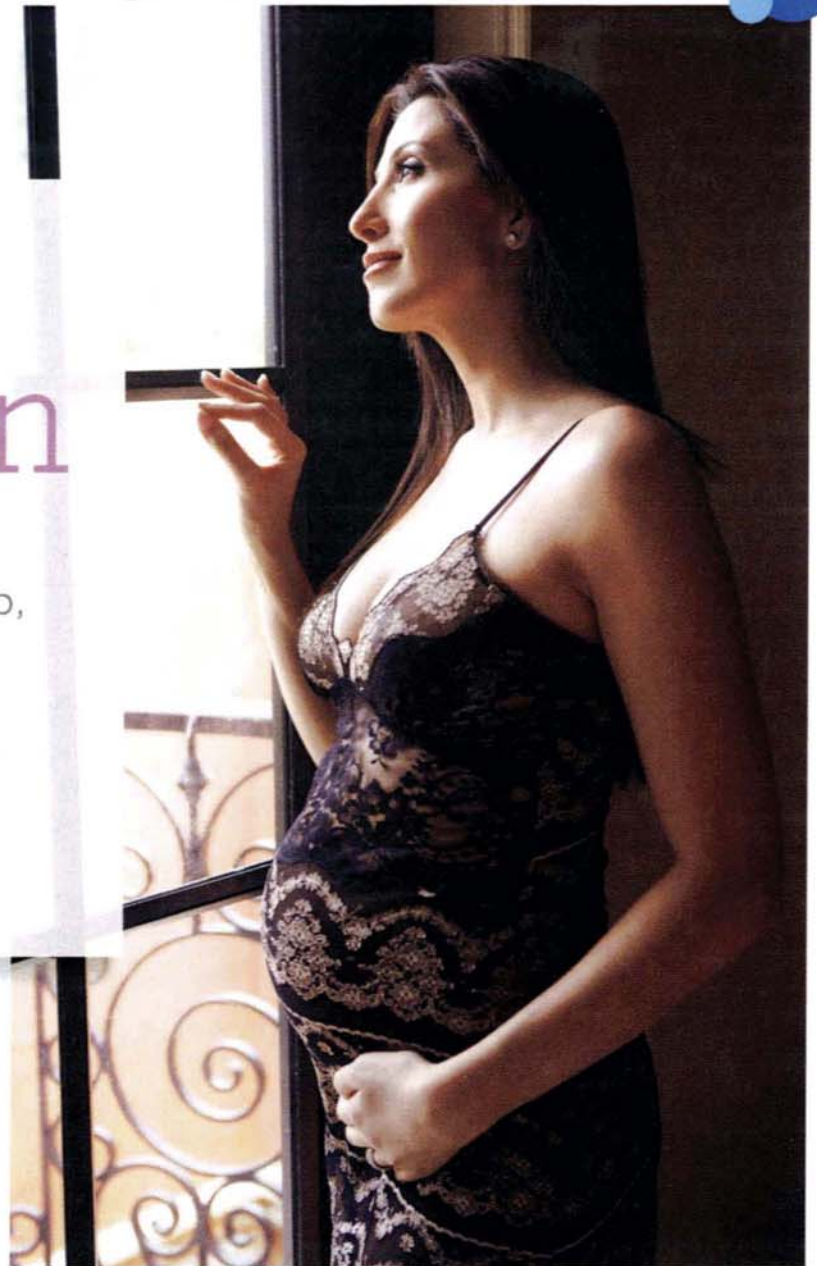
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Arms wide open

Jaclyn Stapp, wife of Creed front man Scott Stapp, tells Hot Moms Club about her beauty secrets, the excitement of her third pregnancy, and what it's like to live with a rock star

INTERVIEW BY JESSICA DENAY



What is your secret to staying in shape for pregnancy modeling?

Jaclyn Stapp: My biggest secret is listening to my body. I maintain my healthy lifestyle the same way I always have. My body, mind, and soul are exercised with adequate sleep and eating right. One of our favorite cardiovascular workouts is taking walks on the beach with our kids—it's also great bonding time for the family.

I don't use my pregnancies as a free pass to be a couch potato. Although I do admit there have been times where I feel like I want to eat for three!

How are things with this pregnancy compared to your first?

My first pregnancy was on-the-job training for me. I was trying to apply theory to practice. I read so many pregnancy books and took the time to educate myself. I now know what to expect and I'm prepared for the heartburn and weird cravings. This time around, we have true appreciation for all the sleep we manage to get.

What's it like being married to Scott Stapp? What is a typical day for you?

On stage, Scott's a rock star; at home, he is a full-time husband and dad. He is a great cook, changes diapers, and takes out the trash. Having a sound studio gives him the convenience of working at home. A typical day for him, when he is not on tour, may start with morning radio interviews, then writing and recording in his studio. I organize our household and work on our charity events. We often break for lunch together, and then one of us picks up the kids from school.

Weekends are our family time. Scott is either helping with school rehearsals for Jagger's band or helping coach his baseball team.

He sounds like a great dad.

Scott deserves a "father of the year" award. I admire watching him with the kids at home, at his studio, or even on tour. His world revolves around the children. He is a hands-on dad and completely involved with them physically, emotionally, and spiritually.

I love when he gently holds my tummy and brushes his face against my stomach as he chats, sings, and gently whispers to our baby. I feel so much love from him. Our family is very close, and Scott makes sure we are always together.

How do you keep the spark alive with two kids and one on the way?

My mom lives nearby and is involved in her grandchildren's lives. She spends frequent nights with them so Scott and I can have date nights, dinners, and movies. Scott and I have such chemistry and crave keeping that spark alive! Being in love is awesome, and we get to have solo time to appreciate those moments.

Tell us some sweet things Scott has done for you while you are pregnant.

He sent me 400 white roses when he found out I was pregnant; he's such a romantic. For three solid months, he did everything in his power to help me feel comfortable during bouts of morning sickness.

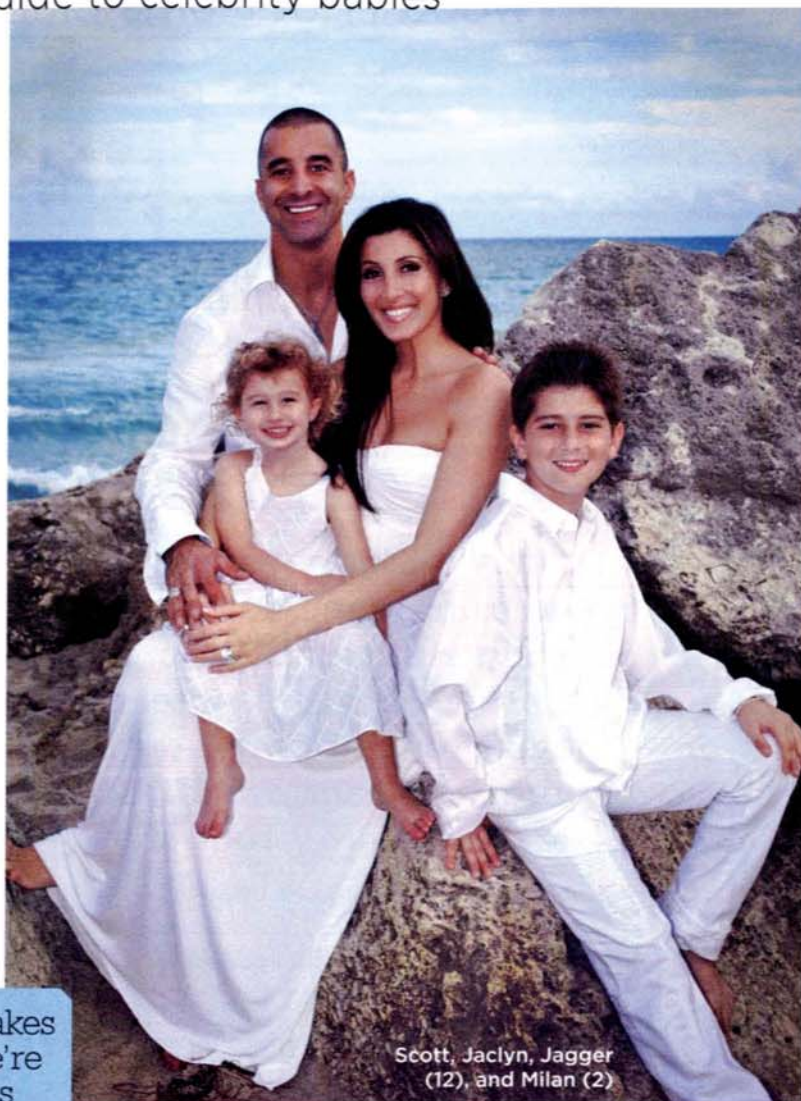
Are your other children excited about the new baby?

Excited is an understatement. I vividly recall at the doctor's office, moments after the family watched the baby on the ultrasound screen, Jagger screamed, "Yes!" when he heard "It's a boy." We already nicknamed our son "D.I." for Daniel Issam Stapp.

Do you feel women become more beautiful after they have children?

Absolutely! I feel more beautiful than ever. Bottom line: Beauty comes from within. Having kids gave me such a different perspective on life. It changed my lifestyle for the better. My interests became more meaningful, and my family life gave me such purpose. Giving birth is life changing and affects the entire family.

"Scott makes sure we're always together. Family is his #1 priority."



Scott, Jaclyn, Jagger (12), and Milan (2)

Tell us about your philanthropic work with Scott's With Arms Wide Open Foundation.

I work full-time for Scott's charity, which was established over 10 years ago and named after his Grammy-winning song. It's purpose is to support women, children, and families in need. To date, it has raised more than a million dollars for children and families in need worldwide.

Tell us something about you that would surprise us.

I have such a desire to one day become an elementary school teacher! There is nothing I would love more than to be in a classroom, at my kids' school, surrounded by third graders, teaching them academics and the values of life. I am a graduate of Stetson University, and after my son is born, I plan to take the Florida Teaching Exam to earn a teaching certificate. ●