

“I’m not having any more after these two, so I’m just going to enjoy it!”

With two children under five and a set of twins on the way, life couldn't be more busy for the Judd family – and they wouldn't have it any other way



BEC WEARS Grace Willow 'Winnie' long-sleeve cold shoulder TOP, \$89, and 'Sandra' SHORTS, \$99; Elk 'Eclipse' long metal and wood NECKLACE, \$45; Studio Elke 'Remnants' RING, \$120

MELBOURNE TV HOST, LIFESTYLE BLOGGER AND SPEECH PATHOLOGIST, REBECCA JUDD, 33, AND HER HUSBAND, FORMER AUSTRALIAN RULES FOOTBALLER, CHRIS JUDD, 32, ARE PARENTS TO OSCAR, FIVE AND BILLIE, TWO. THEY'RE SET TO ADD TO THEIR CLAN WITH TWIN BOYS. REBECCA REVEALS HOW SHE FELT THE MOMENT SHE FOUND OUT SHE WAS EXPECTING TWINS, HOW SHE JUGGLES LIFE WITH HER BROOD AND HER ESSENTIAL FASHION BUYS FOR A STYLISH PREGNANCY.

Life changes

What I didn't realise is the self-involved existence we led before kids. My husband and I would get up every morning and go to a nice café to have breakfast and just do whatever we wanted. Then suddenly we're thinking about someone else. No-one told me it can be really hard for the first couple of weeks and I felt pretty tired. Oscar had reflux and he cried the whole time. People say, "It's all good" and "It's all great", but I think it's good to be honest. So I've made it my mission that when my girlfriends have their babies, I prepare them for the worst so that anything other than that is better.

Two's company

I was going to a hen's party and knew I'd have a few tequila shots, but I just had this inkling that I could be pregnant. It was like a voice in my head telling me, "You've got to do a pregnancy test," even though it was really early. I did the test and the double line came up straight away and it was so strong compared to when I found out I was pregnant with Oscar. It was a huge surprise to find out I was expecting twins. It's still a shock now! My first scan revealed only one baby. It wasn't until the second scan

that I asked, "What is that blob?" My obstetrician had this cheeky look on his face and said, "Yep, that's another kid." Whenever I tell that story I have heart palpitations and get all sweaty. I remember saying to the obstetrician, "You need to call my husband because at the first scan you told him there was one and now there's two so you better call him." My other two kids were excited to know they were getting two new siblings but they are still young so they don't realise how special or rare twins are. Oscar was so excited when he heard they were boys because he's obsessed with footy so he'll have two little playmates to kick a ball with.

Star teammate

I think the biggest challenge has been running around after two very energetic kids, but my husband has been amazing at helping out. He gets up each morning and gets the kids ready, brings me coffee in bed and does school drop-off and pick-up. Until about 13 or 14 weeks I was feeling so queasy. Around the 28-29 week mark I began getting heart palpitations, shortness of breath and just felt really sore, plus I had chronic bloody noses. My obstetrician said it's totally normal for twins. Chris and I try to do date night occasionally, but when we can't, we try to catch up when the kids are in bed which is really nice.



BEC WEARS Acler 'Ealing' silk maxi DRESS, \$595; Studio Elke 'Sorcerer' BRACELET, \$440; Tony Bianco 'Atkins' HEELS, \$199.95; MuBu Home 'Olesen' ARMCHAIR, \$799



BEC WEARS
Next 'Metallic' lace
TOP with cami
underlayer, \$48



BEC WEARS
H&M 'Mohair' knit
JUMPER, \$69.99

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BEC WEARS Magali Pascal 'Regency' maxi DRESS, \$495; Studio Elke 'Resin Impetus' chain BRACELET, \$330; Tony Bianco 'Atkins' HEELS, \$199.95



BEC WEARS Legoe 'Amoreaux' silk SHIRT DRESS, \$209; Studio Elke 'Fallen Curse' EARRINGS, \$110; Tony Bianco 'Komma' suede HEELS, \$199.95; Bloomingville at Mubu Home 'Fluted' VASE, \$169; Mercer + Reid at Adairs 'Sheepskin' CUSHION, \$89.95; Home Republic at Adairs 'Malmo' CUSHION, \$59.95, and European Collection 'Antalya' THROW, \$119.95

Pregnancy cravings

I've been craving digestive biscuits and I'll have a cup of Milo before bed. I've also craved Jatz biscuits with Mersey Valley cheese and gherkins, banana smoothies and mandarins – which is weird because I don't usually like them! This is my last pregnancy and I'm not having any more after these two, so I'm just going to enjoy it. Yes, I feel sore and exhausted but it really is a privilege to be able to carry a baby. Chris said that to me the other day and it made me reflect. He said, "You're really lucky to experience having a baby. It's so magical." That made me think about just how lucky women are to be able to grow a baby.

Sprinkled with love

I didn't really want a baby shower, so my friends and event stylists from The Style Co suggested we host an event at my house and shoot it for my blog, www.rebeccajuddloves.com. I gave them creative licence to do whatever they wanted; my only brief was to do

something that hasn't been done before. I wanted people to be inspired so that they'd do the same for their events. The decorations were block-coloured balloons in black and white with green foliage. I invited 30 of my girlfriends over, the sun was shining and there were no games or gifts. It was just a really nice afternoon tea.

New nursery

When it's your first baby, you get gifted so many nice things because people are so excited for you. There are still clothes that Oscar didn't even get a chance to wear! I spent a weekend nesting and getting the twins' room ready. For the nursery, I've chosen a white and neutral theme. I've got a big, beautiful souk rug by West Elm, a Teeny white cot by Incy Interiors plus a change tower and highchair by Budtz Bendex. The pieces are just stunning.

Stylish bump

I'm the same size at 30 weeks that I was when Billie and Oscar were born, so none

of my pregnancy clothes fit anymore! I'm wearing active wear pretty much everyday. You'll also see me in Jaggad leggings and really long singlets that cover the belly. It's boring! Throughout my pregnancy, when I was smaller I was a fan of the maternity range from Soon Maternity, as well as Legoe, which have beautiful things. For a nice boot, I love the 'Susanna' by Chloé. It's comfy, and has lasted me my entire pregnancy – that was a little bit of a splurge. Otherwise, I get around the house in my Peter Alexander PJs with the buttons down, they are great for feeding.

Skin saviours

I go crazy over the Go-To range by Zoë Foster Blake. I use those products everyday and, so far, no stretch marks! I just avoid vitamin A during pregnancy. I also use The Skincare Company as there are no parabens, it's not tested on animals and it's a really good mineral makeup for your body. In the morning I will use a vitamin C serum and vitamin HB5 serum. At night, I exfoliate and moisturise.

Body love

I am a huge advocate for doing everything right for your body, because everything changes when you're pregnant. If you're going to do exercise, make sure you do it with a trained physio who specialises in treating pregnant women. Practising clinical Pilates has helped me to stay strong, to snap back and helped me through labour. I'm just doing Pilates for my core now and I'm also taking pregnancy classes, so it's been great to be a part of a nice little community of mums-to-be.

Delivery day

I will be having Mono Di twins (Monochorionic twins are identical and have two amniotic sacs yet share a placenta), so I will need to have a caesarean as instructed by my obstetrician. I had a natural birth with both Billie and Oscar and thankfully there were no issues. At least now I can say I've experienced both! 🍷

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BEC WEARS Blossom & Glow 'Hana' overlay TOP, \$59; Elk 'Drapey' wide leg PANTS, \$139; Studio Elke 'Resin Levity' PENDANT, \$155; Lorus gold WATCH, \$150; Bec's own SHOES

PHOTOGRAPHY KRISTINA SOUJO STYLING SAMANTHA DOCHERTY HAIR MARIE UVA MAKEUP CHANTELE BAKER STYLIST'S ASSISTANT MADELEINE STEEL



BEC WEARS H&M 'Mohair' knit JUMPER, \$69.99; Soon Maternity 'Blaze' denim JEANS, \$139.95; Cluse 'La Boheme' rose gold watch, \$149