

BY CAMILLA RANKIN

Star babies

Second-time parents Zuraida Jardine and Josh Lindberg chat to *YP* about craving chips, breast milk, exotic names, VBACs and being pregnant for the second time

LIFE REALLY IS A journey for model, DJ and TV presenter Zuraida Jardine and theatre guru Josh Lindberg. Their first child, Zaria, was born in 2008 in the US – now they are super excited to be having a boy at home in SA.

TELLING JOSH

Zuraida: We have a morning ritual, where Zaria comes into our room and climbs all over us – we are her human jungle gyms. Josh was still half asleep and I told Zaria to give the positive pregnancy stick to daddy. He was still pretty groggy and thought it was a pen, but when it finally sank in he jumped out of bed and did jumping jacks.

Josh: I did! I literally did a little dance in our garden.

IT'S A BROTHER

Zuraida: We had our 12-week scan in the States and the baby looked like a girl, also it just felt like we were having another girl. I never saw myself with a boy – I could see myself with 50 kids, just not a boy. All our friends were sure we were having a boy, so the Friday before our 20-week scan I started doubting. It showed a boy! I asked them to double check and look again. The scanner looked at me and said; “There is the penis, it is a boy”. It took a long time to change my mindset and to call him, *him*, not her. We had already started shopping for a girl, Zaria was saying “sister”. Now, we are beyond excited to be having a boy. We have not decided on a name but it will also be exotic. Zaria is a mythological Scandinavian name which means Princess morning star.

Josh: It blew my mind to find out it was a boy, I was excited to have another girl but when we found out that he was a boy, it was such an amazing feeling. I just wanted to get out of the doctor’s office and be alone with Zuraida.

TWO IS A ZOO

Zuraida: There will be a 19-month gap between Zaria and this little boy. It is a planned pregnancy but we didn’t realise that we would fall pregnant again so easily and quickly. I am carrying in exactly the same way as I did with Zaria, but my breasts are huge. I have had zero pregnancy symptoms – with Zaria from about eight weeks I wee’d a lot and was so exhausted all the time, but this time I have had hardly any symptoms. He definitely has a very energetic, active nature, he is kicking me to smithereens. >

Zuraida, Josh and Zaria are beyond excited about having a boy this time



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Mom and daughter share a deep love of shoes and travel

I can see my tummy moving but with Zaria that only happened in the last month. And he is a big baby – he is already three weeks bigger than he should be, measuring in at 2.7kgs at only six months!

Josh: Zuraida looks more beautiful than ever when pregnant. Pregnancy is such an awesome thing, it is amazing how clever a woman's body is – the design is perfect. Nature does a lot to help you, Zuraida has had a very strong urge to nest with both pregnancies.

THE MUNCHIES

Zuraida: I have made peace with the fact that I am not a dieter and simply don't have the discipline to stay away

from the things that I really love. I have a real weakness for *slap* chips and could eat them just about every day. I love oily foods, especially when I am pregnant – I wish I didn't but I do! I am not being as pedantic and neurotic as I was in my first pregnancy – I realise that I am not going to break my baby by eating feta cheese.

BEING WITH BABY

Zuraida: I consciously spend time with my son, even if it is only for five minutes every day. It is really important to bond with him for that time. I do feel a bit guilty that I am not as present in this pregnancy as I was with Zaria's. I was so immersed and in touch in her pregnancy. I went to a prenatal yoga centre in the

States, I would meditate every day and just be with my "bean". We even took pictures every week of my growing belly. These are the first photos we have of me pregnant with our son! When he gives me a kick it is his way of saying "I am here, I am part of this".

Josh: I also have to remind myself to be conscious of the new baby.

BREASTFEEDING

Zuraida: Yes, I will breastfeed this baby. I only stopped breastfeeding Zaria two months ago, when she was 14 months old. Breast milk is so wonderful, and I am a real earth mother in that way – I find that it is nature's miracle. I will see how it goes but would really like to try and feed this little boy for at least a year. Especially as we will be travelling so much – nursing is a really comfortable technique of helping a child feel at home.

Josh: It is the coolest thing to hold your baby, but what an awesome privilege to feel your baby grow inside

“It is the coolest thing to hold your baby, but what a privilege to feel your baby grow inside you and to breastfeed him”

you and to breastfeed him – it is such an amazing experience.

ON BIRTHING

Zuraida: Although I was really hoping and planning for a natural birth with Zaria, I needed to deliver her via a c-section at 39 weeks. I had a low-lying placenta and Zaria was breech. I was really hoping that both Zaria and the placenta would move. I even went to a chiropractor and an acupuncturist to try to help them do that. Zaria moved after the first chiro session, but over the next week she just kept moving, she

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turned breech again and then back again. Eventually my doctor in the States told me I was playing with death and that I would need to find another doctor. So we opted for an elective caesarean. After Zaria was born I realised that once the baby was here, how she came was irrelevant, but emotionally it took a long time to make peace with her birth. Although I felt cheated out of a natural birth, I realised that this is the way that Zaria chose to be born, I have had my birth and this was Zaria's birth. With this little boy I am hoping for a VBAC but the last scan showed that I have low lying placenta again. This time I won't put myself through hoping for a miracle, it is too emotionally hard. He will have the birth that he needs.

Josh: Our yoga teacher in the States really put birth and pregnancy into perspective for us when he said: "This is the baby's pregnancy," and that really helped us make peace with Zaria's birth.

BIG SISTER

Zuraida: I think Zaria is still too little to really know what is going on, she is only 16 months now, but she does kiss my tummy when I say kiss your brother... but the other day when I asked her to kiss her brother, she kissed a friend's tummy, so maybe she thinks brother and tummy are the same thing! She was very clingy with me when I first fell pregnant, I think she sensed that something was changing. Now she chooses to be with her dad over me, which I am quite happy about as I would be devastated if she wanted me and I could not help her because I was with the baby. I am completely blessed as Josh is real hands-on dad. Josh gets such immense joy from hanging out with her.

Josh: There is so much to learn from a child – how to rediscover the world as if for the first time. Zaria chose us as her parents for a reason, children are here to show us something.

WORKING MOM

Zuraida: This pregnancy has been great and so I have been able to carry on working without problems – although I do get a bit out of breath sometimes. Thankfully my producers are really

“There's so much to learn from a child – to rediscover the world as if for the first time. Zaria chose us as her parents ”

understanding. I carry on shooting for a while, but my schedule is not a normal nine to five day. I will have five or six really hectic days and then two weeks off.

PROUDLY SOUTH AFRICAN

Zuraida: Josh and I have been living in the States for a while and we are about to qualify for citizenship – Zaria was born there – so we will go back for a few months. But, it is also great to be back in SA. We are a very intimate nation who

love kids – our waiter the other day spent so much time with Zaria helping her with her juice, that would never happen in the US. We would love to raise our children here, but will cross that bridge when we come to it. For the moment, our children will belong to the universe. Zaria is fearless and friendly and this second baby will also have a lifestyle of travelling. I am not nervous about travelling with two children because I have a complete equal in Josh.

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Zaria is a real trooper – fearless and so friendly

Shia is born

It's hello to the latest Lindberg; mama Zuraida introduces us to Shia Lindberg; born 22 February 2011

TOUGH DECISION

I am a strong advocate of natural birth and it took a lot of emotion to come to terms with the birth that Zaria chose for herself – a c-section, so choosing another elective c-section was quite tough. However, I just did not feel that I had the right support structure around me. At 28 weeks I saw the birth centre's gynae, where I was planning to have a VBAC, and he said that my placenta was too close to my scar, which means an increased risk of uterine rupture. He said it with so much trepidation that I eventually asked him what he would recommend for his wife or daughter. He said he would tell them to go back to Professor Guidoizzi (my original gynae who does not support VBACs), and have an elective c-section. So I did. I went back to my amazing gynae for a scan and he told me that the placenta was nowhere near my scar – but this ironically confirmed it for me. I did not want to go into labour with a negative head space and not being able to trust my support team. It can really play with you psychologically and you really need to be in a positive space for natural birth. So we booked a c-section with Prof Guidoizzi for my 39th week.

SHIA'S BIRTH

I gave birth to Zaria at Cedars-Sinai Hospital in LA. It was an incredible experience, a brilliant hospital! I didn't want to leave after my four days – the nurses were like walking encyclopaedias. So it was with a bit of hesitation and pre-judgement that I thought it could never be as good at the Parklane. I was so wrong – this birth experience was 100 times greater.

I was welcomed with such a wonderful feeling of *ubuntu* and warmth, like I was the only patient there and that this was the first baby to be born in the world. Such excitement. This is what I love about

this country, the real sense of community. The nurses were real mothers and the gynae talks to you like a person, not just another number. In theatre, everyone starts speaking to you and this really took my mind off the operation.

BIG SURPRISES

My first great surprise was seeing our amazing paed come into the theatre. In LA the paed only comes the next day. She spoke me through everything that was happening, described what the doctor was doing and then... the greatest surprise, as soon as Shia (pronounced *Shy-a*) was born, she put him onto my chest. It was so emotional and felt so right. I was the first person to touch and hold him. In LA they took Zaria away immediately to do all the APGAR tests, then cleaned her and presented her to me all gorgeous and wrapped. So I really did not expect to have my baby, all covered in vernix – it was almost primal. Then after a while, she gave him to Josh and said, "Now he needs some daddy time" Josh has a little ritual and tells the child

thinking: "There are my husband and daughter", and feeling a little cheated that he was having the "real" experience. With Shia, I was so lucid and present to everything. I was only in recovery for half an hour, compared to the five hours with Zaria.

BABY BLUES?

What are they? I have never had baby blues. Maybe because I had so many visitors – although next time I will enforce visiting hours – but maybe because I did placenta encapsulation. In LA we had Zaria's placenta freeze dried into capsule form and I took these capsules for about two months after her birth. This is meant to help prevent post-natal depression, so maybe it does work.

SIBLING LOVE

Zaria has been ecstatic! She has shown no signs of jealousy at all – maybe because the age gap is so small or because all her usual routines, like her morning walks in the park with dad, are all the same. She loves holding Shia, kissing him.

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his name, he wants the child to hear his name first – it is beautiful.

SO DIFFERENT

I cannot say that Zaria's birth was less beautiful than Shia's, but they were very different. I reacted really badly to the drugs I was given in the US and I just felt so drugged up during Zaria's birth. It was like an out of body experience. I remember seeing Josh holding Zaria and

MILK EASY

Shia latched straight away, and this time, breastfeeding has been so much easier. My milk came in on day two and I had a little bit of pain but no engorgement. He is a lazy eater and only feeds from one breast at a time. He hardly sleeps in the day and at night he just wants to be skin-to-skin. He uses my nipple as a dummy often and at the moment I am just letting him. So I am not getting any sleep! YP