

MOTHER'S DAY SPECIAL

It's a very special Mother's Day this year for *GMTV* pals Kate Garraway and Clare Nasir and their children. Now Clare's got something extra-special to ask her friend, who helped her through the most difficult year of her life...



They say that best mates are there through the good times and the bad, and the events

of the past year have proved that for *GMTV* pals Kate Garraway and Clare Nasir.

Both became pregnant just a few months apart, but while Kate had a relatively easy time of it with her second child Billy, now seven months old, Clare had a traumatic first pregnancy following IVF. In fact, she describes it as, "an ongoing nightmare from beginning to end".

But through all the tears and dramas, Clare says that Kate was her rock, offering good advice to the first-time mum-to-be, and giving her a comforting shoulder to cry on when things got too much for her.

"Kate's like my big sister really," reveals Clare.

The good news is that there has been a happy ending to Clare's traumatic journey in the form of the tiny little girl being hugged by her proud mum.

But, as the rest of us meet four-month-old Sienna for the first time, Clare has some more exciting news – she's asked Kate to be Godmother...

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So, Kate, how does it feel being asked to be a Godmum?

Kate It's a lovely surprise. I'm very touched. I was actually really ill with that winter vomiting bug when Clare asked me. I went round to hers and she said, "I've got some really exciting news for you. I'd love you to be Godmother." I was like, "Ohmigod!" She said, "But you can't touch Sienna because of the bug!" So I had to sit there and go, "Hi, I'm your Godmother, but I can't hold you for a few weeks!"

What makes Kate such good Godmother material?

Clare Kate's got a real wisdom about her and a real commitment to our friendship. She's got a heck

of a lot of love to give. I need Sienna to have strong women around her. She's so little that she might be the smallest in her class, so she needs strong role models, and that's Kate.

Kate I can't imagine what I can give her that you can't. But I just look forward to that day when Sienna comes to me and says, "I can never tell my mum this, but..." If you're the Godmother, you can do things like allow them to wear nail polish, as long as Mum doesn't know!

How did Kate support you when you were going through all the trials of your pregnancy?

Clare Kate had very much been there for me when we'd had IVF that failed. My husband Chris

and I had been through two years of IVF and fertility treatment. That first time things went wrong I was devastated. Kate was a rock

Was there a time when you thought that you might never get pregnant?

Clare Yeah. Those years of trying were disheartening. Then when all your friends are having babies around you it's hard, because I was happy for them, but it was like everyone else had moved on to the next stage of their lives and Chris and I were behind. My life was in limbo for a couple of years

Kate, it must have been hard seeing your friend suffering?

Kate I think Clare's extraordinary really. She went through months



Clare's miracle baby Sienna has brought her and Kate even closer

OY!

been with the show for such a long time and yet we had this second drama going on behind the scenes.

Clare I didn't tell anyone else. I didn't even tell my family because I knew they'd be devastated. But that didn't mean I couldn't celebrate other friends' babies. Kate's daughter Darcey, who's three, has brought a lot of joy into my life, and Billy is adorable. I did my yearning for a child through them.

What were the hardest parts of your pregnancy?

Clare First of all, there was my haemorrhaging. I was with Kate when that happened as well.

Kate Everything that could go wrong did go wrong, didn't it? There were dramas every step of the way. We were in a car going away for a girls' weekend and Clare had just had the all-clear after the IVF that everything was OK. The next minute, we were turning the car around and racing her to hospital.

Clare There were an awful lot of complications in the first 10 weeks of my pregnancy, and

then my waters broke when I was only 25 weeks.

What was your biggest concern?

Clare If your waters break at 25 weeks, the chances of your baby surviving are only about 57 per cent. I was also told that there was an 80 per cent chance of brain damage, too.

Kate It was a really frightening time. Every statistic they gave you was horrendous, wasn't it? There wasn't a single moment when you could relax.

How were your husbands through all this?

Clare Kate was very good at giving Chris pep-talks occasionally when he was getting a bit overwhelmed. But both Chris and Derek are very organised. Kate and I wanted organised men to marry.

How do they organise you?

Clare They both write lists for us of our chores for the day.

Kate Sometimes I'll say to Clare, "I better get on and do my chores."

Clare But the key is to just to wipe the surfaces and make sure a lamb roast is there when they get home.

Kate Yes, we decided on that strategy very early on in our married lives, didn't we? That was Clare's tip. She told me to always put something in the

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and months of feeling really unwell having all the treatments, before she even conceived. She had to go through so many different processes. I remember when I became pregnant with Billy, Clare had just had another failed attempt.

Clare That was hard.

Kate I thought, 'Oh my God, how am I going to tell Clare?' It was literally a few days later. But Clare was just amazing and she was so happy for me.

Clare I was at GMTV when I found out the IVF had failed the first time. I got the phone call from my fertility specialist and just burst into tears.

Kate That was the day that Fiona (Phillips) left. It was an emotional day anyway, because Fiona had

The GMTV baby club is expanding fast!



Kate's young Billy keeps an eye on Sienna



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The two presenters say being a mum is the best job

oven that makes the house smell of home-cooking.

Clare You can go out and have fun lunching with your girlfriend and then come back and it'll only take you half an hour.

Kate It's brilliant. It looks like you've been slaving all day!

How did you cope with work in the later stages?

Clare I left early when my waters broke. My membrane ruptured,

which happens at birth, but they didn't want the baby to be born early in case of complications, so they told me I had to lie down and not see anyone until the baby was born. I was two weeks in hospital and five weeks lying down at home.

Kate She was going bananas. She kept calling me up and wanting me to come round.

Clare I got addicted to daytime shows. When people were finally

able to come round, I'd put them off till I'd watched *A Place In The Sun*. I did go mad. Then when I had Sienna, we were back and forth to hospital to see her.

Kate I so admired you. You were getting up in the night to express milk, even though she wasn't with you. And it was tough in the hospital because there would be tragic stories every day of other people whose babies had died.

Clare It was a tough place. And no one else was allowed to visit Sienna apart from my parents.

Kate You kept bringing pictures home to show me.

What was it like holding Sienna for the first time?

Clare I had to ask permission. I held her briefly for the first time the second day after I'd given birth. She was wired up to a machine to monitor her heartbeat. It was so worrying. She started going blue at one point when she couldn't breathe properly. But it was such a powerful feeling when I held her. I'd never felt anything like that before.

Kate We'd talked about the fact some people say from the second they're pregnant they love their baby so much, but neither of us knew what we'd feel. You said to me, "What if I feel nothing?" I said, "It's fine, you will." I knew as soon as you held her, you'd love her.

When was the first time you saw Sienna, Kate?

Kate The first evening when she came home with Clare. I just kept

crying. She was so tiny. Billy had been tiny, but by then he was four months old.

Clare You could hardly feel her weight when you held her. She was 4lb when she born, then she went to 3½lb and, by the time she came home, she was 5lb.

How is Billy's big sis Darcey enjoying having a little brother and Sienna to play with?

Clare Darcey got a bike for Christmas with a basket on it and she wants to put Sienna in it!
Kate She loves Sienna. She says to me now whenever I'm trying to throw some clothes out, "I'm keeping this for Sienna." Everything's kept for Sienna now.

Kate Darcey loves having her little brother, though. First thing in the morning, she says to him, "Hello my little Gruffalo, let me give you a hug." And he loves her. His eyes follow her around the room. If I take her to playgroup, she stands on the pram talking to him all the way. They're a real little gang against Mum and Dad.

You've said that you thought Clare was born to be a mum...

Kate She was. She's a mum to everyone at GMTV. Lorraine Kelly said, "If there's anyone who was born to be a mother, it's Clare Nasir." It was only a matter of time. Do you feel like a mum yet?

Clare (beaming at Sienna) Now I do. I loved being a girl about town and I love being married, but I didn't realise how much was lacking until I had Sienna.

KATE'S NO DIET CHEAT

Friends have jumped to Kate Garraway's defence, following newspaper allegations that she had 'cheated' by omitting to mention that in losing her 2st of baby weight in just four months, she had in fact been helped by free low-calorie ready-made meals from a home delivery service called Bodychef.

Jayne Ritchie, who set up Bodychef eight years ago, said, "I was shocked

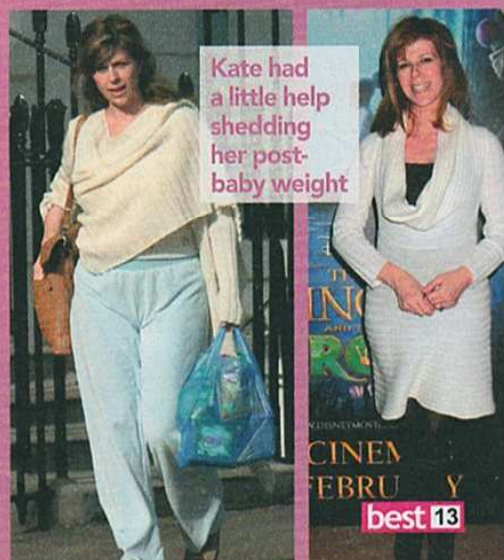
to open the magazine and see my seven-day menu, but not see any reference made to me in there at all."

But lawyers for the magazine involved strongly disputed the claims, and insist that she had been told broadcasting rules did not allow any reference to the company.

In an e-mail to Jayne Ritchie on 15 February, Kate wrote: *Thanks for all the hampers, they are brilliant. Even though*

I love the regime, I do feel bad you are continuing to send them, especially as Government rules for news presenters mean I can't publicly say I am using them, as that would be classed as an endorsement. Would it be best if we made this hamper my last?

Said a friend of Kate's, "It was always made clear that Kate was following a diet and exercise plan that had been devised for her. She did receive some gifts of food hampers, but this was always only a part of the diet plan."



Kate had a little help shedding her post-baby weight