

# YOUR LIFE

KIMBERLEY WALSH:

## I come to work for a rest since having kids



EXCLUSIVE BY JULIE MCCAFFREY

**SHE was a member of one of our biggest girlbands and is for ever being nominated for Mum of the Year awards.**

But Girls Aloud star Kimberley Walsh has confessed that she's often intimidated by other celebrity parents – even asking herself what she's doing wrong.

Kimberley – who has sons Bobby, nearly three, and Cole, eight months, with husband Justin Scott – admits she doesn't understand how some parents seem to carry on as normal with date nights and holidays when she has hardly left her children since they were born.

She says: "I know I'm a celebrity but I sometimes look at other celebrities and think, 'Am I doing something seriously wrong here?'"

"I see that they're out having a great time and I think, 'I've barely left my children's side for the last three years'."

"But I can't really let go. If I have to go away for a night, it's a really big deal for me. I think I've left Bobby about twice in the last three years."

The Something Kinda Ooh singer adds: "I can spend all day trying to respond to one email and still can't do it until the kids have gone to bed."

"Even finishing a cup of tea is unusual. So when I hear people with no kids moaning about being busy, I feel like saying, 'Come back to me when you've had kids. You think you had a bad morning? Were you sicked on and did you have to change twice before you left the house?'"

"Some days are just against you and some days go well. But I never get too smug. I never celebrate a child sleeping all night because it's guaranteed they won't the next night."

Kimberley, 35, adds that getting glammed up is no longer a priority.

"I usually go out with wet hair and



**MUMS ALOUD**  
Kimberley with Bobby and Cole, and (right) with Cheryl

no make-up because I can't be bothered," she says.

"I'm a complete mess and covered in sick, snot and food at the end of most days. Being a mum ages you as well. Every day I say, 'Thanks for the new line'."

"And yes, I've been there when you're pushed to breaking point and you need to have a good cry. I think it's quite therapeutic and the best thing you can do is just let it all out."

"I actually come to work for a rest. And I appreciate more than ever having my hair and make-up done."

It's a long way from her Girls Aloud days when alongside Sarah Harding, 35, Nadine Coyle, 32, Nicola Roberts, 31, and Cheryl, 34, Bradford-born Kimberley notched up 20 consecutive top 10 singles and four number ones, before the band split in 2013. Yet Kimberley wouldn't change being a mum for anything.

"You know what? I love the madness of it all," she smiles.

Her sons have also recently gained a new playmate after Cheryl had baby Bear with One Direction's Liam Payne in March. Kimberley says: "My boys have playdates with

Bear – they love going to see him." While she remains firm friends with both Cheryl and Nicola, it is telling that Nadine and Sarah were not invited to her wedding in Barbados to musician Justin last February.

Did Kimberley tune in to see Sarah talk of Girls Aloud fallouts on *Celebrity Big Brother*?

"I saw her going in, but honestly I'm in bed by 9 o'clock," she says.

She might be exhausted by motherhood, but Kimberley is still extremely busy with work.

She recently joined the cast of hit Disney show *The Lodge*, playing a music producer. And she's also designing her own range of children's clothes – Kimber Kids – set to launch later this year.

"It's been my baby," she says. "I don't ever put my children in designer clothes. I think kids should wear what's comfortable and fun."

She herself loves TK Maxx, and is promoting the store's charity campaign, Give Up Clothes For Good, which asks people to donate unwanted clothes and homeware at TK Maxx stores.

The donations are then sold at Cancer Research UK shops for Cancer Research UK Kids & Teens. The initiative, in its 13th year, has raised £30.3million so far.

Kimberley says: "We're not asking people to dig into their pockets. It's a perfect chance to declutter – it's pretty therapeutic if we're honest."

■ For more details, go to [tkmaxx.com/uk/en/give-up-clothes-for-good](http://tkmaxx.com/uk/en/give-up-clothes-for-good)



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