

'YOU SHOULD NEVER COMPARE YOURSELF TO SOMEONE ELSE'

"Once I stop breastfeeding, which will probably be fairly soon, then I can try and get back on track."

The last time we shot Kimberley, in July 2015, her eldest son Bobby was 10 months old and she'd become a poster girl for bucking the celebrity trend of snapping straight back into shape.

She put on around 3st during her first pregnancy and admits it took her around nine months to a year to get back to her size-8 frame. This was through a combination of breastfeeding, healthy eating and exercising with a personal trainer.

"I got there eventually and it didn't take that long in the grand scheme of things. Some women, bless them, are lucky and don't really put weight on. But I think it can be a bit overwhelming for some of my friends when they look at people and think 'How's she managing to do that?' But they could have a nanny and a trainer.

"You should never compare yourself directly to someone else. That's why if people see that it takes me a bit longer, that's no bad thing.

"You could put that pressure on yourself, but I'm not going to put myself in the position of shooting a music video tomorrow, so I choose to do things wisely. If somebody was like: 'You've got to wear hot pants tomorrow,' I'd probably hyperventilate!"

This refreshing outlook has seen Kimberley ditch her bathroom scales, meaning she doesn't know for certain how much weight she gained during her pregnancy with Cole.

"I didn't put as much on this time, maybe just over 2st. They weigh you at the doctor and I remember thinking: 'That's good, I've got a bit less to get off at the other end'.

"But I have no idea how I compare at this stage, because I've stopped weighing myself to make things easier."

It's not the only aspect of pregnancy that Kimberley chose not to fret over, despite her first experience of giving birth being rather traumatic. She had to have a forceps delivery when Bobby turned at the last minute, but fortunately second time around she had more of a textbook birth.

"It was a whole different story. I was like: 'This is what it's supposed to be like.' It was still horrendous, and I did have an epidural, but it wore off at completely

the wrong time. I've got quite a high pain threshold, but then it went from nought to 100," she grimaces.

One person who has been at Kimberley's side every step of the way is her BFF Cheryl, who was one of the first visitors to meet the new arrival in hospital and who Kimberley sees, alongside Nicola, every week.

The pair had their babies just three months apart, with Cheryl announcing in March that she'd given birth to her first child with her partner, One Direction's Liam Payne, 23.

But unlike Kimberley, the star preferred to keep the fact she was having a baby a closely guarded secret and refused to even confirm it. As speculation reached fever pitch, Kimberley seemingly announced her pal's pregnancy when she declared Cheryl was "really happy" and would make "a brilliant mum".

But today Kimberley politely insists that Cheryl, Liam and baby Bear are off limits.

"Erm... I am... I forgot what I was going to say then," Kimberley stumbles over her words. "I don't want to talk about anything to do with Cheryl because she's so private about it all. It's not my place - I'll leave it to her to speak."

Not even just to say she's happy for her friend? "I feel like anything I say becomes a story in its own right, which is the last thing that I really want," she sighs. "That's why I've decided just to keep 'shh'. I think it's respectful to let her be the one to talk."

And while Cheryl has been keeping a low profile, she did take to Twitter last week to thank fans for their support and declare: "We're all doing great!"

While we're on the subject of all things Chezza, some people raised eyebrows over Kimberley naming her baby Cole, considering it's also the surname of Cheryl's adulterous footballer ex Ashley - who she divorced in 2010 - and wondered if the connection had inspired her choice of name. Not so, says Kimberley.

"It's less unusual in America and that's where



I've seen it on dramas and sitcoms. There was a character in *The Affair* called Cole and I thought: 'I really like that.' It's different, but not crazy different, and a strong name."

After tying the knot with her long-term partner Justin in Barbados in January 2016, Kimberley has got used to a new name of her own, as she's decided to take Justin's surname.

"Legally and in my normal life I am Kimberley Scott. I was happy to become Scott in the industry as well, but once you've established yourself as a name, people don't really take it on."

Their nuptials in Barbados were a glamorous affair - complete with eight bridesmaids, including band mates Cheryl and Nicola - but it was a different story when reality set in on their first wedding anniversary earlier this year.

"It was an all-time low!" Kimberley laughs. "We were like: 'We've gone from partying the night away in Barbados - literally having the best night of our lives - to having sick down one shoulder and two screaming babies!'"

The couple took their time to walk down the aisle and dated for 11 years before Justin proposed in 2014, just minutes after Kimberley had given birth to Bobby.

But her huge grin when she talks about their big day suggests it was definitely worth the wait.

"You wouldn't think it could change things, but it makes you feel even more solid as a unit."

The couple haven't ruled out adding to their family, but with two under two it's off the cards for now.

Not least because just three months on from giving birth Kimberley was back in front of the camera, having landed a role as music producer Rebecca in the second series of Disney Channel's teen musical drama *The Lodge*.

"It was quite early, so I had to weigh it up. I said to the team: 'You know I'll have to bring the baby, right?' My mum Diane, 64, came along and I would breastfeed in-between takes and at lunchtime, so it worked out."

"It was a bit hardcore. I think if it was my first I would have said 'no chance', as I don't think I left the house for three months with Bobby. But the second time, everything's just a bit more doable."

Kimberley is also focusing on the launch of her children's clothing range for boys called Kimba Kids. She teamed up with her younger brother Adam, 33, who works for a clothing production company, after, ahem, conceiving the idea while pregnant.

"The minute you become a mum you are part of this secret club that you weren't in before, and everything sort of makes sense. We've got autumn and winter samples coming in now, and have already been approached by a few big retailers with offers."

So as a mum of two are there any plans to slow down? Kimberley shakes her head. "All power to the working mothers!" she grins. **👉**

● Watch Kimberley in *The Lodge* on June 9, 5.30pm, Disney Channel and DisneyLife.