



PREGNANCY

Model Behavior

By Liz Krieger

She may be girl-next-door gorgeous, but Molly Sims, 41, will be the first person to tell you just how much time and effort goes into getting camera-ready. And in her new book out this January, *The Everyday Supermodel: My Beauty, Fashion, and Wellness Secrets Made Simple*, she does just that.

This Kentucky-born model, who has a 2-year-old son, Brooks, and another baby due this spring, bursts with clever makeup and fashion secrets as well as details about her honest and hardworking approach to health and wellness. A self-proclaimed girl's girl, Sims first rose to fame after appearing in many *Sports Illustrated* swimsuit issues and later starred for five seasons on NBC's *Las Vegas*.

Sims reveals how she stays beautiful and balanced while bringing up babies.



Sims' new book, *The Everyday Supermodel*, is out in January.

Read the full Q&A with Sims in our free tablet apps!

What changed most after you became a parent?

I was just talking with a friend about this, someone who is single, without kids. I said not only does she have freedom, but she has freedom without guilt! I celebrated my anniversary with Scott [film producer Scott Stuber] and left Brooks to go to Boston. That was so hard. I missed him. But I try to remember how important time for me, and time for us, really is.

What's the one piece of advice you'd give to every new mom?

I'd say that no matter what, you have to take care of yourself. My mom taught me this: Get out of your sweats. Find something to wear that you feel great in. That may be yoga pants, and if so, that's great. But more than that, it's about having a life—and the more you maintain that, the better you will be as a wife, a mother, a person, and you will be the best you that you can be.

What kind of mom do you hope to be?

There are a hundred different ways to parent, but I think that my folks set a great example for me because they were first and foremost my parents, and definitely not my friends. Yes, my mom and I are best friends now, but as a teenager, I needed a mom.

How do you think Brooks will like having a new sibling?

I want to be very respectful about how we ease that transition for him, but I am excited for him. I have an older brother, and so I am happy for my son to have someone else in his life besides Scott and me.

What's different in your 40s compared with your 30s?

For one thing, I dress completely different at 40 than I did at 35—and not in a bad way. You can still be trendy, but maybe not wearing trends from head to toe. Also: Your chest, your butt, your legs—all three can't be hanging out.