



Rebecca's New Role

Actress Rebecca Romijn dishes about her pregnancy and the twins' first year.

I was hungry the whole time I was pregnant. I've heard women say they ate only spinach and strawberries while they were expecting. And I think, *Oh, I ate cheeseburgers and eggs.*

I mean, I was healthy about it, but I took eating on like it was a job, in this case,



to grow two big, healthy babies. But by my ninth month, all bets were off. As you get bigger, you have nowhere to put food once you swallow it. Plus, I was on partial bed rest. A couple of times I had Jerry go out to the store for peppermint ice cream, which made me happy.

Stepping out at a party for *Ugly Betty* on DVD

I ate a lot of protein and also took omega-3 supplements, which are said to help the developing brain.

MASTERING NURSING My goal was to nurse exclusively for six months. I don't want to brag, but both girls latched on right away. And I learned the double football hold before I left the hospital. What I wasn't prepared for was clogged milk ducts. Massage and hot baths helped.



She married Jerry O'Connell in 2007.

DON'T MAKE YOURSELF TOO CRAZY

At first, I felt like I was suffocating from all the choices you can make when caring for babies. Then someone said, "You're never going to find just one perfect answer, because a baby's needs constantly change. One thing's going to be right for a while, and then you'll move on to something else." It's so true!

It's also important to keep up a sex life—as difficult as it may seem with twins!

What's in a Name?



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CHARLIE TULIP

I had a girlfriend named Charlie who was a supercool, British firecracker, and Jerry's brother is also Charlie (of *The Bachelor* fame). I got stuck on the name Tulip and added it at the end. Her full name is Charlie Tamara Tulip.



DOLLY ROSE



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Dolly is for Dolly Parton, who was tickled. She said, "I'd be so honored. I didn't have children of my own, so that would be special." I added my name, and then, if one girl had a flower, the other needed one! So she's Dolly Rebecca Rose.