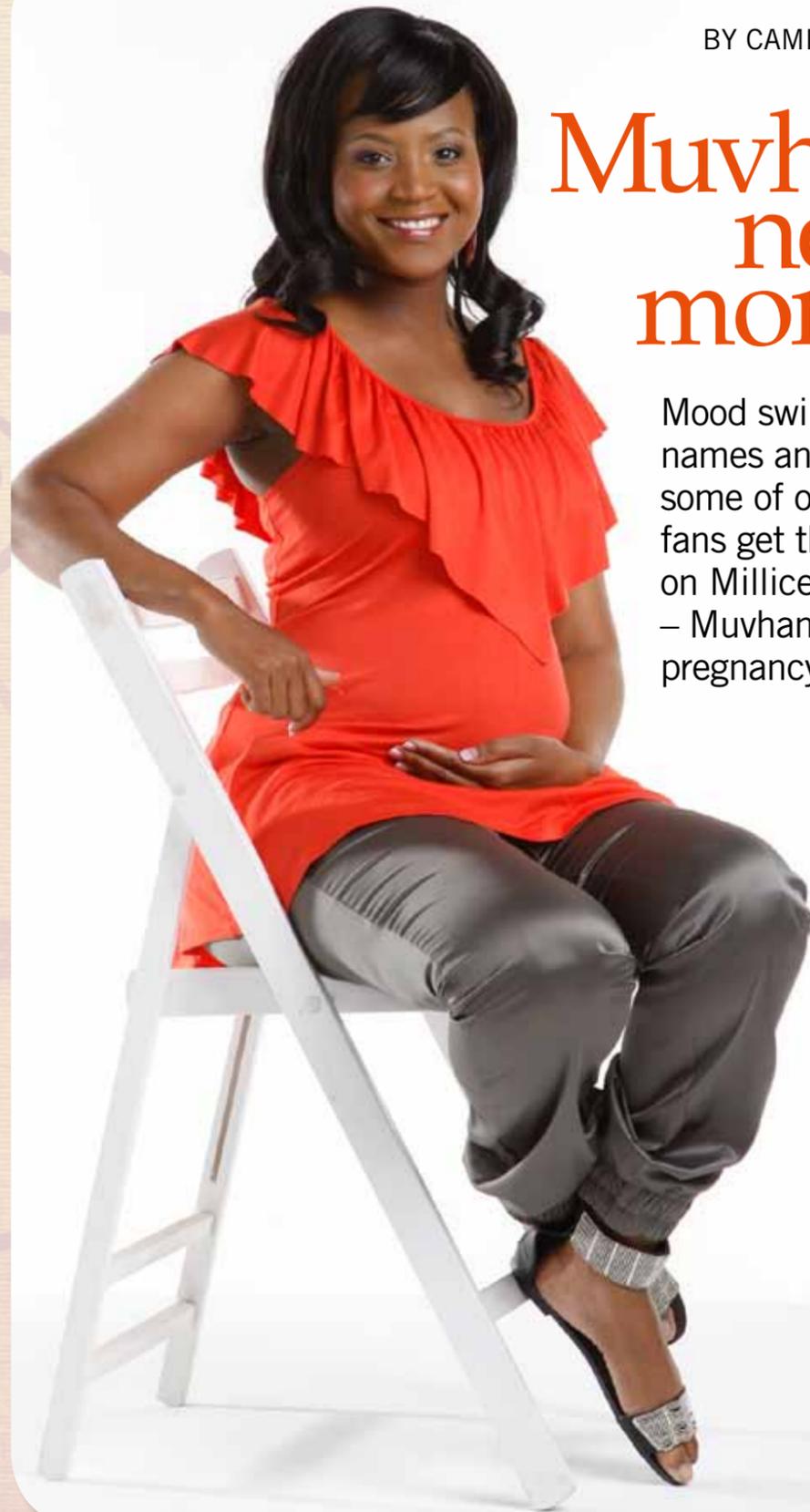


BY CAMILLA RANKIN

Muvhango's new mommy

Mood swings, nannies, names and more... some of our Facebook fans get the low-down on Millicent Mothiba's – Muvhango's Agnes' – pregnancy



DIANNE MOGOALE ASKS DID YOU PLAN YOUR PREGNANCY AND DID YOU HAVE ANY PROBLEMS CONCEIVING?

Yes, our pregnancy was very much planned – we kept doing pregnancy test after pregnancy test but they kept coming out negative. When the test finally came out positive (after about a month of trying) we were so excited and so, no we, gratefully, did not have any problems conceiving. I went and got a blood test done but still did not quite believe it, so we went to the Mediclinic for a sonar. We were about four weeks pregnant at that stage but I did not understand what I was seeing in the scan. I was also told to drink a lot of water beforehand, so my bladder was very full and I could hardly concentrate on the scan. Simon, my husband is a doctor so he was very excited to see the scan.

IVY DIKUTLE ASKS ARE YOU HAPPY TO BECOME A MOM AND IS YOUR HUSBAND SPOILING YOU?

I am very happy to become a mother and my husband spoils me a lot, but he spends a lot of time at work. When I am really tired I convince him to give me a massage, which he does for about five minutes on my feet, with massage oil.

“I don't think I have mood swings but my brothers told me that they don't want to see me again until after the baby is born!”

DINEO DINNY ASKS HOW INVOLVED IS YOUR HUSBAND IN THE PREGNANCY?

Simon is very, very involved – he even held the pregnancy tests for me! He is a medical doctor who really wants to be a gynaecologist, so he knows exactly what is going on with my pregnancy, what he is seeing in the scans (he gets very excited about them!) and has all the research about what birth is best for the baby and about breastfeeding. He is very good at the scans – he doesn't talk, he lets me ask our gynae all the questions I want to. Because he is so knowledgeable about birth and babies, I won't need to go to antenatal classes and I know he is going to be a great, involved Dad. He has worked in paediatric ward as part of his training, so he says he is used to handling a baby! Simon was also raised by both his parents who were both involved in bringing him up – he says that is the kind of father he wants to be – he even says he has a 'secret' way to bond with the newborn by looking over my shoulder to make eye contact with the baby while I am breastfeeding!

QUEENZO MOKHELE ASKS WHO HAS THE MORNING SICKNESS YOU OR HUBBY?

Definitely me! I have not vomited, but I have been feeling really nauseas – and still do at 24 weeks pregnant. I have been taking 'vomifene' that was prescribed by my gynae and it seems to help as the nausea has been bad. I have had round ligament pain from about eight weeks. I sometimes find that this little baby's kicks are painful after I have had a big meal – she loves food and becomes really active. I first felt the baby moving at about 18 weeks – it was a scratching feeling, then both Simon and I felt the baby kicking properly at the same time at 22 weeks, and now she kicks a lot.

THANDEKA NQISHA ASKS DO YOU HAVE MOODS SWINGS AND HOW DOES YOUR HUSBAND TOLERATE THEM?

I don't think I have mood swings but my brothers told me that they don't want to see me again until after the baby is born!>



I have developed a 'cleaning thing' – just like my mother – and I was cleaning up in the room they were watching soccer and kicked them out, which they were pretty unhappy about. Simon says I am pretty grumpy and irritable, so he is avoiding teasing me or saying anything negative, but I think I am fine!

ROFHIWA MUTSHINYANI WANTS TO KNOW HOW ARE YOU COPING WITH MOOD SWINGS AND MORNING SICKNESS AT WORK?

The team at Muvhango have been so understanding. They knew that Simon and I were trying for a baby and although in our culture we keep the pregnancy quiet until three months, I told my producers as soon as we found out (about two weeks). They were all very happy and excited for us. I gave them my gynae's appointments and they scheduled my filming days around them. I have been quite forgetful at work, but thankfully I love reading and memorising scripts and I have not forgotten how to do that!



KAYLEB MOLOTO ASKS IS YOUR ON-SCREEN CHARACTER, AGNES, ALSO GOING TO FALL PREGNANT? AND ARE YOU GOING TO TAKE TIME OFF FROM WORK?

Well she is having an affair with Dumi, so maybe Agnes will fall pregnant. We are on break from filming at the moment, so I don't know what the Muvhango writers have planned for Agnes. I was not showing too much before we stopped for our break, but I did carry a lot of things, like files and bags, and wore baggier clothes to hide my tummy just in case. We stop filming again in December and this baby is due in mid-Jan, so I don't think I will go back to work when they open again in 2012. I will take maternity leave, but I have not spoken to the Muvhango producers yet about how long this will be.

MABEKA NYADZANI THELMA ASKS ARE YOU EXPECTING A BOY OR A GIRL?

We are having a little girl. Although Simon would have liked to have a boy first, we are both very happy to be having a girl.

REFILOE LETLATLA WANTS TO KNOW HAVE YOU DECIDED ON NAMES YET?

As per our tradition, Simon's family gave us a name for our first baby at our wedding. But it was a boy's name and we can't use it. I would love to call her, Sarah (we Sotho-fy it and say 'tsara') after my mother-in-law because she laughs a lot and is so kind, but it will be Simon's family who gives her a name. Simon says

that he does not follow cultural traditions so closely and says he would love us to choose her name, after all, he says "his family were not there when the baby was being made!" But in the end she will be given a traditional name.

MUCONDY RATHUNDU WANTS TO KNOW HOW DO YOU KEEP IN SHAPE WHILE PREGNANT BECAUSE YOU ARE BECOMING MORE AND MORE BEAUTIFUL EVERYDAY?

I am not an active person, in fact I am quite lazy so I don't really feel like doing any exercise, but I am trying. I will have to start after the baby is born so that I can try get Agnes's body back soon! I did make a decision to change my diet, so that I eat a lot more healthily. I used to eat pap, sauce and eggs every day, now I eat more vegetables, fruit, pasta and fish. I have been craving raw lemon, as well as plums and bananas – at least they are all healthy choices.

BULELWA LYDIA POTWANA ASKS ARE YOU GOING TO DELIVER VIA ELECTIVE C-SECTION, NATURAL BIRTH OR WITH AN EPIDURAL?

We are going to have natural birth. I know all about acting and Simon is the one who knows all about birth and babies. He has



Daddy-to-be Simon shares the love

real life

“Agnes is having an affair with Dumi, so who knows maybe she will fall pregnant”

delivered babies naturally and through surgery and says that research shows that natural birth is much better for the baby. He will be a great birth partner, and he promises me that I will forget about the pain soon afterwards (God designed it this way!). Anyway, if there is pain relief then, yes, please I want pain relief!

PUSELETSO JENNIFER LEBITSO WANTS TO KNOW WHO IS GOING TO LOOK AFTER

THE BABY WHEN YOU GO BACK TO WORK? NANNY, CRÈCHE OR FAMILY?

As per our culture, I will go and stay with my mother as soon as the baby is born for about three weeks or until I get bored! We will get a nanny to look after the baby and when I go back to work I hope that the nanny can come with me so that I can breastfeed for at least six months. We may ask a relative from Limpopo to be her nanny and she will only start once the baby has arrived.



THOBEKA JOLS ASKS HOW ARE YOU BALANCING BEING A WIFE, WORK AND PREGNANCY BECAUSE IT'S NOT AS EASY AS IT SEEMS?

It is really tough, but I try to spend time at home and sleep a lot. I get really tired, especially when I am working as I have to get up at 4am, so that I can drive through to the Muvhango studio at the SABC in time for my 6.30 call time. When my husband is on call at the hospital, I will sometimes go through to where he is working so that we can spend the night together. At work I chat all the time to Nthabi – Maggie – who is great support too. YP