

Darren and Sarah-Kate Scott can't wait to meet their son

BY CAMILLA RANKIN

Just Plain BABY

Radio DJ Darren Scott and Miss South Africa finalist, Sarah-Kate only discovered they were pregnant at nine weeks, and it has been a rollercoaster ride of shopping, fun and games and heartfelt moments

From glitz, glam and Louis Vuitton to dark days and medical scares, Sarah-Kate shares it all

WITH SOME HELP FROM HER gorgeous gynae and a shopping-crazy granny, Sarah-Kate and Darren Scott got through the joy, the tears, the fears and the hysteria and are now ready to welcome their baby boy into the world.

JUST PLAIN SPECIAL

After seven years of being together, Darren and Sarah-Kate tied the knot on 15 December 2009. No sooner had they said their vows and landed back from honeymoon did they begin trying for a family. "We fell pregnant around 14 February – Valentine's day, how cheesy and special is that? So for our first anniversary we will be blessed with our first child," gushes Sarah-Kate.

PAP SMEARS, PAINKILLERS OR PREGNANT?

Although they were trying, actually falling pregnant came as a big surprise to Sarah-Kate. Soon after Valentine's Day she felt a pain in her belly "I was really worried, it was real agony", she remembers. Sarah-Kate went to a gynae for a pap smear and to make sure all was okay. "I told him that I was trying to conceive,

he scanned me and told me I would get my period in the next few days and should keep trying. He also said that the pain on my right side was an ovarian cyst, which should pass with my next period. He prescribed painkillers and sent me home," says Sarah-Kate. "I was actually already five weeks pregnant and had no idea! The 'ovarian cyst' was actually the yolk sac feeding my child. Thankfully, I do not believe in taking medication unless it is absolutely necessary so did not take the prescribed painkiller and did not harm my baby in any way."

STILL NO IDEA...

Not knowing that she was not pregnant and being a strong Christian, Sarah-Kate decided to give up meat and alcohol for Lent. So when she started to feel really tired and lethargic she just assumed it was related to that. "I did not expect to fall pregnant right away, so I presumed any slight tiredness was anaemia!" she laughs. "About a month later, I woke up, rushed to the toilet and was sick. I was so excited! I was so sick that I could hardly get out of bed. When I did manage to muster up some strength, I went to the local pharmacy: I was knocked up! Now I had to contain my excitement and not let on to Darren."

HELLO BABY!

BABY MARK SCOTT ARRIVED ON 17 NOVEMBER AT 9.37AM VIA C-SECTION – WELCOME LITTLE ONE!



Both Sarah-Kate and her brother were christened in this handmade gown

APART FROM MARK, OBVIOUSLY, THE CHRISTENING GOWN MY NANA MADE IS MY BIGGEST TREASURE FROM THIS PREGNANCY

JUST PLAIN PREGNANT

Sarah-Kate had been collecting baby items since January and storing them in a basket, hidden in her garage. So, she put the finishing touches on the huge baby hamper and tied a big blue ribbon around the pregnancy test. "Darren arrived home and we sat outside chatting. After a while I said: 'I have a present for you...'" "What is it?" he asked. "The best," I replied. I made him close his eyes while I fetched the baby-product-laden basket and plonked it in front of him. I do not blame him for taking a few seconds to take it all in... but he just looked at me with the most love I have ever seen in his eyes and asked, 'Are you pregnant? Are we pregnant?' We just hugged and laughed. It was amazing!"

MEETING MCDREAMY

"I think I am in love with my gynae," laughs Sarah-Kate. "He is gorgeous, tall... maybe it is just hormones but his calm personality really balances all my hysteria." Sarah-Kate's first appointment was while Darren was on air. "I was so

apprehensive. I was all Barbie-like with my long list of questions about birth plans in a glittery-glam notebook. Dr Naylor looked at my blood results and asked, 'Do twins run in the family?' My hormone levels were really high indicating that we were either quite far along or having twins. But Darren and I had worked out that we should be about three weeks pregnant. I almost fell off the chair in shock - twins!" After scanning Sarah-Kate, they discovered that she was already nine weeks pregnant. "You can imagine my surprise. I had no clue about my body."

THE EATING CURE

For Sarah-Kate, morning sickness was all-day-sickness, "I was incredibly sick and miserable for weeks - I bought Woolworths'

entire stock of ginger beer and ginger tea until I finally found my cure: eating. And once I found it I could not stop. As soon as I felt a wave of nausea I ran to the fridge. I was technically slightly underweight when we fell pregnant and have put on 10kg so far. I am very disappointed not to have had even one craving. I have even thought about making some up so that I could send Darren on a midnight run but alas... nothing. I have eaten lots of fruit, especially pineapple, strawberries, kiwis and grapes but it seems that Darren is the one with the strange new eating habits. He used to love pineapple but has gone off it completely. Every night Darren feeds me a block of Lindt 80 percent chocolate and our baby goes mad bouncing around.

THE SCARE

At their 12-week scan, Sarah-Kate and Darren's main focus was on finding out if they were having a girl or a boy. "Because we had only really just found out we were pregnant and because I had been feeling so ill, we had not told anyone and I had not

Photographer: Noeleen Foster

Darren spoilt Sarah-Kate with a Louis Vuitton nappy bag



done any reading so I had no idea what the 12-week scan was really about. We just wanted find out if it was a boy or girl. We kept asking Dr Naylor if he could see, but he went quiet and my heart sank. He started talking about the ‘nuchal fold’ and I just burst into tears. I was overwhelmed with anxiety and fear. The rest is a blur. Dr Naylor spoke to Darren as I sobbed. I only heard the odd word: ‘indicates’; ‘possible’ ‘more screening’. I was devastated.”

UNDER THE NEEDLE

‘More screening’ meant having a placenta biopsy (CVS) where a needle is inserted into the placenta and cells are removed to test for any foetal abnormalities. “I was petrified. I am terrified of needles so when I saw a ruler-long needle heading towards me I almost fainted. I covered my face with a towel and held my breath. I was so scared they would poke my baby if I moved” remembers Sarah-Kate. The results were supposed to come back in two weeks, but they took over six weeks because Sarah-Kate’s placenta would not culture, “After six weeks I was a nervous wreck and told them to go to Woolies, get some organic yoghurt with cultures in it and pour it over the sample!”

DARK DAYS

“Those six weeks were terrible. I went to a very dark place. I shut everyone out of my life and concentrated on prayer when I had the energy to get out of bed, wash my hair or get dressed. I refused to talk about the situation – which was very out of character for me. I was trying to protect our baby from any judgement, which I thought was the right thing to do. We had still not told anyone except family, so no-one really knew what I was going through and I shut everyone out. I knew I would never terminate the pregnancy, but all I really wanted was the beautiful, bouncy baby boy of my dreams.”

GRANNY B TO THE RESCUE

“It was an SMS from my mother that pulled me out of it. It said: ‘This baby has a soul and is reliant on you for everything, even emotions. So suck it up and be a mom’. My mother has been my rock throughout this pregnancy. So, when the chromosome tests finally came back and were, thankfully, normal I went down to

I LITERALLY CANNOT WAIT TO MEET MARK – IT IS LIKE CHRISTMAS ON CRACK!

Durban to visit her. I felt like it was the initial joy of finding out I was pregnant. It was a very healing time. I needed her faith and reassurance,” remembers Sarah-Kate. “The other joy was that we are definitely having a boy. We are going to name him Mark in honor of Darren’s late brother.”

RETAIL THERAPY

“That visit to Durban was the opening of a Pandora’s box of baby clothes shopping. I think we bought every single blue item we saw. I had not wanted to buy anything for our son out of fear. My mum took that all away. We had so much fun every time I went down to visit, oohing and ahing over all the adorable clothes. My mum just went crazy and bought 17 pairs of tiny baby shoes – which is why she is nicknamed Granny B, a nickname that has stuck. I couldn’t think of any one else to have done it with... it was just so special getting all of her advice as we went along. I was clueless, and she was so patient. My mum also gave me the most incredible gift. It was the gown that my brother and I wore for our christenings, hand crocheted by my Nana. When she gave it to me, the tears just flooded down my face – it is my greatest treasure, apart from Mark obviously, from this pregnancy”.

NATURALLY NATURAL – THINK HAMMOCK!

Where birth advice is concerned Granny B has shared her sage words of wisdom. “I am going to try for a completely natural birth, with no epidural, if it is at all possible. We did not manage to get to antenatal classes as Darren’s schedule is so hectic, but my mother gave me some great advice. She told me that in the pain of a contraction, I just need to imagine myself swinging on our hammock with Mark – I hope that helps.” YP