

Celebrity Baby Blog

Trista Sutter Answers Your Questions!

TAGS: [EXCLUSIVE](#)



Seth Browarnik/Startraks

The Celebrity Baby Blog recently chatted with *Bachelorette* alums **Trista** and **Ryan Sutter** -- who are [expecting their second child](#) in April -- about their new partnership with Hyatt.

Trista also took the time to answer some [CBB reader questions](#) we gathered from you last month; in the interview, she discusses her infertility battle, how she's hoping to avoid the complications she experienced in her first pregnancy, if they'll be finding out the sex of the new baby, and what 15-month-old **Max** is up to lately.

Click More for the interview and to see if your question was asked!



Jason Collier

The couple is working with Hyatt to promote their new [travel compatibility quiz](#) which asks 12 questions adapted from an established personality test and categorizes participants into four travel types. Travelers who took the quiz before November 7th and were compatible with Trista and Ryan's travel type (Romantic Travelers) were eligible to win a two-day, two-night, all-expenses-paid trip with the celebrity couple to the newly redesigned Hyatt Regency Huntington Beach Resort & Spa.

Danielle: Tell me about your partnership with the Hyatt. How is it working?

Trista: We will be going to the Hyatt Regency in Huntington Beach, Calif., with the lucky – hopefully they'll think so! – winner who goes to [hyatttravelquiz.com](#). If they end up as a romantic traveler like Ryan and I – there are four different personalities. People think of romantic as love and chocolate, but for us it was more about reconnecting with friends and family, and making sure our travel companion is happy and having fun. It's cool, because Hyatt has these travel packages, and Amour is one of their packages suited toward people who find they're romantic travelers. So if you book a Hyatt retreat package and you know you're a romantic traveler, you'd probably book an Amour package because you know that it's more suited to you and it would enhance your vacation more. It's really cool, a one-of-a-kind thing. And they're just setting up.

They're also doing a giveaway, if they book a Hyatt retreats package at [hyattretreats.com](#), they can get \$50 back for a spa, dining or golf activities if they use their American Express card and complete the travel by December 28th. So they're giving back! And hopefully, we'll get someone cool to go with us on our trip.

It's so important to go away with your partner. When you have a little one at home, yes we love spending time with him, it's our favorite thing to do, but it's also important to focus on your relationship and get away when you can and have time together.

Of your vacations, how many are with Max?

Oh a lot. I wish they had frequent flier miles for babies! But they don't let you have one until you're two years old. But he hasn't needed a seat at this point. He's been to New York, he's been to LA, Nebraska and St. Louis, Hawaii and Miami, and all over Colorado. He's been so many places. We love to travel, and we want to instill that in him. So we plan to continue traveling with him and the new baby. It's harder for sure, and more difficult to plan and get through it, but it's so worth it. It's so much fun to see his face light up when he sees something new. We're [going to Sea World in Orlando](#) in a week, so I'm just so looking forward to taking him there and showing him the killer whales and Shamu and even polar bears and stuff that he's never seen before. It's so exciting to see things through his eyes, and one of those ways is to travel and show him some new places and new things.



Jason Collier

Have you taken him overseas yet?

No we haven't. And who knows, we could, but I don't think while I'm pregnant I'll be going any time soon. But after we have the baby if we have the opportunity to go somewhere, we will. Our family just went to Mexico a year ago for a family getaway, so we could do that for sure. I'd go to Mexico. But he's been to Hawaii, so it's the United States, but pretty far. I think we'd wait until he and the baby are a little older for something transatlantic or Europe or Asia or wherever else. But Hawaii, Mexico and Canada I could definitely see doing when the baby is a little older.

I wish they made passports for U.S. travel. Something fun where you could get someone to stamp something for kids just to show where they've been and how much they've seen.

I think when you start earlier with kids, it's easier. It's easy when they're babies because they just sleep and eat. But not anymore! Max wants to play and walk and just be active.

How are you feeling?

Pretty crappy! I'm getting morning sickness. It's usually pretty bad for me. And of course not morning sickness, it's all-day sickness. I'm even worse at night – it used to be that mornings were bad, now nights are bad. It's fluctuating sickness. It went away at 16 weeks with Max, so I'm almost there. I'm waiting for that day! I've thought to myself, "Will I know how it feels to not be nauseous anymore?"

How far along are you?

I'm just starting my second trimester.

What about the exhaustion?

You can't even really explain it to someone who hasn't been pregnant before. I've tried explaining it to Ryan, about being exhausted, and I don't think he, or any other man or woman who hasn't been pregnant can understand. You're tired. You just have no energy to get out of bed. Walking up the stairs for me is tough. Max is at the age where he can climb up the stairs and enjoy it. A lot of times I'll have him climb up the stairs to go change his diaper or whatever, because I don't have the energy to carry him up there. Once I get up there, I'm just out of breath and need to sit down, and it's awful. The worst part is the exhaustion combined with the nausea. If they happened separately, it'd be a lot easier to deal with obviously, but since they happen together it's difficult. But you know what? No more complaining! I'm pregnant, I'm blessed, and I just want to get through it. It's a good sign.

Did you two try anything different this time? It didn't take you quite as long to get pregnant.

We were just not *not* trying. I honestly don't know. I mean I know how it happened but I don't know how it happened faster this time compared to last time. Who knows. It was just in the cards. We were on birth control when we first had Max, because we really did want to have some time with him with us, then we thought we'd love to have siblings closer in age, so we stopped the birth control and just thought it would happen when it was supposed to. And it did!

Our reader Kathryn would like to know more about your battle with infertility. Any advice for helping other people deal with it? What helped you get through it less stressfully?

Staying educated is a big thing. Because there is so much technology out there it kind of gives you hope to know there are things out there that you can use if you do have issues. Stay positive and hopeful, that's what we did and thankfully it ended up happening for us.

There's actually a great gala I'm going to be going to for an organization called [Fertile Dreams](#). It's going to be in Orlando and they're going to be giving grants to couples with fertility issues and need help paying for IVFs and everything. Educate yourself – if you're having problems and you're worried about finances, know that there are great organizations out there that can help you if you need.

We also work with a company called [Fertile Hope](#) -- one of Ryan's college friends actually founded it -- and they work with people who have had cancer and need to freeze their eggs or sperm in order to conceive later on in life. I think just staying hopeful and knowing that there's great technology out there that if you

need it, you can go out there and actually utilize it. People know what they're talking about – they deal with these things every day. There's hope. It took us a long time, we went to a fertility specialist and thankfully we only had to go through the first round of testing, we didn't need to do anything more than that, but we were ready.



Jason Collier

Karlye remembers that you talked about using the [OV Watch](#) when you were trying to become pregnant with Max. Did you use the OV Watch this time?

It happened so fast, that I think I only used one month worth. It's a great device, but thankfully I didn't necessarily need it this time.

Tracey asks, What are you doing to prepare for the possibility of gestational diabetes, preeclampsia and HELLP again?

Lots of prayers! Right now because I've been so nauseous, I haven't really been watching what I eat. If I eat, I'm all about Russell's and French onion dip. Any carbs. Auntie Anne's – I have to have their cinnamon sugar pretzels when I'm in the airport! It's all about carbs right now. Wendy's French fries – love it. Normally I do not eat like that and obviously if I do develop gestational diabetes again it's not going to be part of my diet because I just would not be able to. You know, preparation – it's mostly about prayers right now because I'm really not doing anything. In terms of HELLP and preeclampsia I'm just following my doctor's orders and going in when she says I need to go into the office. And I have followed up or consulted with a perinatologist and they have me coming in for more than normal visits, in addition because I'm a high-risk pregnancy because of my age -- I'm going to be turning 36 in a couple of weeks -- so they're following me moreso.

Honestly I'm just following my doctor's advice and recommendations when it comes to preeclampsia, and doing research when I can, but I think it's a double-edged sword as well because when you go online, it can get kind of scary hearing about the risks. And I trust my doctor fully and completely and would rather hear it from her than from someone I don't know who may be giving me incorrect information. When we get closer to my due date I might start taking my blood pressure and just keep conscious of what my body's telling me. Because I know what happened last time. You just get it or you don't. I'm sure resting is a good method of prevention, because preeclampsia develops from high blood pressure, so if you take it easy and stay out of stressful situations as much as possible it helps. It's not to say that it's just because of stress though. I didn't have a stressful day at all when I delivered Max, it was just one of those things. I really don't think there's any way to prevent preeclampsia, although I'm not a medical expert, so I probably can't say, but from what I've heard, I do not believe so.

Brandi would like to know if you plan to find out the sex of the baby this time. Last time you had a delivery surprise.

I think so. We were surprised with Max, but because of my emergency c-section under general anesthesia we didn't have that "It's a boy!" moment, unfortunately, and I think I'll probably have to do a c-section again, so I figure why not find out beforehand. We can have a doctor put it in an envelope, take it to dinner and have a celebration or something. It might be more exciting than me finding out on the recovery room table!

Tracey asked, Are you planning for a c-section because of the complications from last time?

Yes, because of the HELLP syndrome and preeclampsia. And I think you can't have a vaginal delivery after a c-section if your second child (or next child) is within two years of the previous. So if it'd been a little bit longer, I could try to have a vaginal delivery, but because I'll be closer time-wise I can't.

Ericka wants to know if you feel more excited or more nervous this time around, given what happened with your last pregnancy.

Definitely more toward excited. Because of my morning sickness I'm trying to get through that right now, but I'm not nervous necessarily. Last time, I was excited for sure. I've always dreamt of being a mom. And that dream was coming true.

Ashley asked if you have names in mind?

We do, but that's the only thing I'm keeping to myself! We have some names we like a lot from our first pregnancy, so we'll be using others this time around.



Jean Baptiste Lacroix/WireImage

Elizabeth wants to know if you're still working on your [TristaBaby diaper bag line](#).

I am! We're still in the first round, we're still kickin'. Obviously I've been a little busy so we haven't been able to do much, but we're definitely still doing it and I'm looking forward to doing a second round.

What does Max like to do? His favorite playthings or songs or games?

Right now he loves opening and closing cabinets. Climbing the stairs. He just started walking a few weeks ago – he's been walking for a couple months now – but confidently on his own. He'll let go of things and stand up from sitting on his own. He walks everywhere. He likes to pick up stuff and bring it to you. I have a bunch of hangers that I needed to put in his closet and they were just sitting on the floor. He'd grab a hanger and go bring it to me, grab a hanger and give it to me, over and over and over!

He has a playgroup and he loves his buddies. Any song that comes on, it doesn't matter if it's from a commercial or one of his toys, he bounces up and down, bends his knees and is "dancing." It's so cute. It's a lot of fun – he's one fun baby.

Christine asked, What are your favorite things to watch the other do with Max? Is there anything cute Ryan does with him?

He "flies" him all over the room and Max just loves it. He giggles. I love anything that makes him giggle – anything that makes him laugh I'm all about.

Ryan on Trista: I like to watch her teach him how to talk, pointing at stuff and telling him what it is. It's cool because I'll go to work for a couple of days and come back, and she'll have some new things she's taught him, like showing how old he is with his finger. Some sort of things like that where she's been working on it for a few days. She's just a really good teacher, and I like to see the progress along those lines.

I try! It's one of my favorite things. I love that he's getting to be more vocal and "bird" for example, in the beginning it was "buh" and now it's "bir," so he's getting really close to saying the full word. I love seeing the actual development, it's really fun for me. I was a pediatric physical therapist, so it's kind of in my nature to teach him stuff. I hope that I'm good at it, and I want to be the best that I can be, because he's not in day care. Mainly it's just me or if we're in playgroup he's learning stuff from other kids. But I love that. I love going to music class with him, and we're going to start gymnastics soon, so it's just so much fun.

Have you used sign language with him at all?

No, as a physical therapist I worked with people who think it can definitely help them, there's people who think it can definitely impair them, but I think I'm leaning toward the side of rather having him start talking on his own than show him something that might impair his vocal abilities later on. I know people who want to do it – I have very good friends who have with their kids – but no I haven't done it. I feel like I know when he's trying to communicate certain things, although he's not at the point yet where he can say, "Give me that bottle."

Vanessa asked, What are you doing to prepare him to be a big brother?

Not really anything yet. He doesn't really comprehend it. We'll try once I get further along, but not quite yet.

-- *Danielle*

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