

## Celebrity Baby Blog

### The Sutters Visit Sea World, Discuss Second Pregnancy

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By Kristin Harmel in Orlando:

Reality TV couple **Trista** and **Ryan Sutter**, who told PEOPLE Friday that their [new baby](#) is due in April, say that this time around, the pregnancy experience has been different.

“This was totally a surprise,” says Trista, who gave birth to son **Maxwell 'Max' Alston** in July of last year after struggling publicly with infertility (the couple eventually used a OV Watch to predict their fertility). “We weren’t trying, necessarily, but we weren’t preventing. I honestly just remembered I hadn’t had my cycle in a while, and I thought, ‘hmmm.’ That’s a quite a contrast to the first time, because basically I was taking pregnancy tests throughout the month thinking, ‘Let’s cross our fingers.’

“It was a shock,” she adds. “Last time, we waited for so long, and it was so anticipated, and I just cried and cried and cried when I found out. But this time, it was more like, ‘Oh my gosh, this is amazing, and we feel so blessed.’”



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**Click below for more from the interview, as well as many additional photos!**



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Despite saying in the past that they'd want a girl next if their first baby turned out to be a boy, Trista says she's changed her mind. "I really, truly do not care," she says. "I just want a healthy baby. I know it's cliché. But I really do. I love having a boy, so I would love having another. He's such a good baby. But I would love to experience being the mother of a girl. So I'm just leaving it up to God."

Trista says she plans to have a tubal ligation after delivering her second baby. "I know people think it's drastic when they hear that," she says. "But I have such rough pregnancies. I would have been as happy as a clam in salt water with just Max. So this is just the icing on the cake."

But, she says, they'd consider adopting if they decide they want to expand their family further. "I think we'd have to figure out first if we could handle two before we add a third!" she says.



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In Orlando to speak at [Fertile Dreams'](#) Embracing Hope Gala and to celebrate her 36th birthday, Trista and Ryan took 15-month-old Max to [SeaWorld Orlando](#), his first-ever theme park visit, where he played with penguins and got a kiss from a killer whale on Friday. The family plans to swim with dolphins over the weekend at SeaWorld's Discovery Cove. "Max is kind of in awe," Ryan says. "He's not really very scared of things. He's just really curious. It's not like he's laughing or smiling or crying or anything. He's just staring inquisitively."

Adds Trista, "He does like to figure things out, and with the killer whales, I think he was thinking, 'Is that for real?'"

Max, whose first word was, "Dad," seems cut out for the spotlight. He holds up his index finger when asked how old he is, throws his arms above his head and giggles when his parents say, "Touchdown!", and even curls his right lip up when Trista asks him to impersonate Elvis. He says a bunch of words – including ball, sock, shoe, fish, dog, bird, and fox – and he calls the family's two dogs, Tash (short for Natasha) and Tank, by name.



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As with her first pregnancy, Trista says she's experiencing nausea, but she's able to keep more food down this time around.

"With the first pregnancy, I didn't eat anything for the first trimester," she says. "I had no appetite and felt so nauseous that I just wanted to eat crackers. So this pregnancy, I feel a little better, and I have some more cravings. Like we have Snickers in the diaper bag. And smoothies. So if I have a craving, I'm going to eat it. I'm craving sweets. And Ruffles and French onion dip. I would never eat that when I wasn't pregnant! I haven't had that in ten years. Then I'm like, I have to have those! So I haven't limited myself. I haven't gained too much weight, but I'm not worrying about it."

After having Max last summer, Trista bounced back to her pre-baby weight quickly. After taking the mandatory post-c-section six weeks off, she hit the gym with a trainer and took a supplement, approved by her doctor, called Revolution Abdominal Cuts to help take the baby weight off.

"I worked really hard," she says. "You have to. But I did it within the realm of what my doctor said was okay. I got a trainer, and that helped tremendously. It just makes you accountable. If you go to the gym on your own, you can say, 'Oh, I have all this work to do; or I have to go this.' But if you have an appointment with somebody, it's their time, and you feel responsible. Even if you can't afford that, meet a buddy at the gym."

"It was hard work, but when you have the motivation of being on the cover of a magazine, it's good pressure because it's good for you in the end, but I know it's not a normal pressure," she continues. "So I tell people if you're looking for inspiration, aim for going on vacation and putting yourself in a bikini. Or set up a family photo session with your new baby. Have a goal."



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<http://www.celebrity-babies.com/2008/10/trista-ryan-sut.html>

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