

Gok's all about celebrating curves

# “Celebrate your curves”

Is your post-baby figure getting you down? Don't despair, Gok Wan's here to help you start loving the way you are, not the way you were, with his body confidence masterclass

**B**ringing a baby into the world is an amazing experience, but it can play havoc with your body. With the extra weight and stretch marks, it's no wonder your confidence is shaken. “After nine months, women are expected to completely shift their perspective on their body because it's changed so much,” says fashion guru Gok Wan (gokwan.com). “It's a hard process because your whole body's affected.”

## “Confront your issues”

Giving birth completely changes your body and as a result, 20 per cent of mums admit to hiding stretch marks and scarring from their partners. It's easy to focus on what you don't like about your body, but you must note things you do like.

“I tell women to do the post-it note trick and write all the negative and positive things about themselves in two columns,” says Gok. “You might start with two on one side and 40 on the other, but each day try to dissolve one so that they begin to balance.”

Admitting that you like your arms, legs, or your bust stops you focusing on what you see as

negatives and helps you to notice the positive things about your body.

## “Create a photo diary”

It's easy to cover up and avoid body issues, but it's better to tackle them. “Every three weeks photograph your body naked and put it up on a wall as a diary,” advises Gok. “Follow your body's different stages, so you're not focusing on just one part.” Documenting the change will show you that your body is naturally beautiful.

## “Banish negativity”

Creating a good relationship with the mirror will boost your confidence. “Many women stop looking in the mirror at themselves and just focus on their lumps and bumps,” says Gok. “Altering your view will help you understand your body's differences and embrace them.” Talk to yourself in the mirror every day, stating three things you like about your post-baby body. Repeating these positive phrases will raise your self-esteem.

## “Dress without stress”

With pictures of celebs bouncing back to a sleek physique weeks after giving birth, the pressure's

“I like the new me”

“I've accepted that motherhood's given me curves and they're great assets. It's taught me to wear clothes suited for my age and shape instead of just dressing in a frumpy way to hide my body. I now love being curvaceous.”

Emma Stauch, 27, from Aberystwyth, mum to Nathan, 8, and Keeran, 3



on to look good as a new mum. But you don't need to hit the gym to enhance your new figure. “Every woman is unique and has different needs,” explains Gok. “A pair of jeans or a dress isn't for everyone, so figure out what works for you.”

Instead of just covering up, think about what you're comfortable wearing and what styles you like. “Women shouldn't feel as if they've only one option when it comes to clothes,” says Gok. In order to love your post-baby body you need to begin afresh. “Look at your old clothes and

## Top 3 confidence boosters



### 1 Best for... balancing your body

Sassy Slip in Crush, £55, sizes 30-46 back, A-G cup, by Gok Wan for Simply Be (simplyyours.co.uk).

### 2 Best for... sculpting thighs

Spanx's Super Higher Power Shapewear shorts, £33, sizes A-E (debenhams.com).

### 3 Best for... toning legs

Sit Tight, £14.30, Soap & Glory (soapandglory.com).

work out what you can wear now, then build up your wardrobe with classic pieces,” advises Gok.

Whatever shape you are – apple, pear, inverted triangle or hourglass – you need to balance your body. “Magic underwear is great for this, it supports your breasts while pulling the rest of you in to create the perfect silhouette,” says Gok. “And it shouldn't be hidden away either. Let your hubby see you in your shapewear and just embrace it. If you feel confident, you'll look sexy in anything, so listen to your man when he tells you how fab you look – even in your wonderpants!”

## “Be style savvy”

Your body changes for up to a year after birth, so don't blow all your budget on a new wardrobe now as it might not suit you a few months down the line.

“Finances may be a worry when you've just had another baby, so it might not be ideal to go and get yourself a brand-new pair of jeans,” says Gok. Buy a few pieces and build your wardrobe up slowly so that you're saving the pennies, but not giving up your style. A few months down the line, if you want to try and shed the baby pounds, buy clothes with caution.

It's about slowly buying pieces that'll flatter your body as it develops and changes. So get up, get dressed and start loving you! **PPP**

Did you know...  
Gok's trying to add 'bangers' as a term for breasts in the dictionary. “It's my goal for life,” he says. Join his crusade by tweeting #loveyourbangers

## Your figure fixers

**Apple shape**  
Accentuate your waist and give the illusion of curves. Create volume with wide-legged trousers and flared A-line skirts – both of which will make your waist look smaller.

**Hourglass**  
With those sexy curves you can make all types of classic cuts work for you. Pencil skirts will look great, but choose fabric that doesn't ride up as you walk.

**Inverted triangle**  
Big boobs and slim hips? Your style mission is to narrow your shoulders, show off your bust, and hint at fuller hips with full skirts and wide-leg trousers.

**Pear shape**  
Embrace your femininity and make the most of voluptuous assets. Avoid clingy fabrics and wear stiff or floaty material that doesn't stick to your thighs.