



a more uncomfortable pregnancy overall. I am just really grateful that I entered into it at a pretty healthy weight."

Regardless of how fit Carrie was, high blood pressure, severe fluid retention and an emergency caesarean meant Lola's arrival did not come without drama.

It was while Rob held his wife's hand throughout the procedure that Carrie began to have the dark thoughts which haunted her first months as a new mum.

"I had quite a bit of postnatal [depression] for a month and felt very blue. In a way I was just expressing a lot and crying a lot," Carrie says.

Unlike Brooke Shields, whose battle with postnatal depression meant she found it difficult to bond with her daughter, Carrie's battle was the opposite. She loved Lola so much she was overwhelmed with feelings of inadequacy.

"I had an overwhelming feeling of vulnerability," she confides. "The love I felt when Lola was born was so completely overwhelming. I have never experienced anything like this."

"But at the same time I felt so vulnerable. I didn't feel like I didn't connect with my baby but I did have crazy thoughts: What if she fell and cracked her head? What