

# Breastfeeding IS Glamorous!

These Celebrities Breastfed and Loved it!

## Actresses

Catherine Zeta-Jones, Pamela Anderson, Melissa Gilbert, Melanie Griffith, Linda Kelsey, Jayne Kennedy, Katherine Ross, Jane Seymour, Meryl Streep, Jodie Foster, Demi Moore, Cybil Shepard, Laurie Metcalfe (plays Roseanne's sister), Marilu Henner, Susan St. James, Markie Post (Night Court), Jada Pinkett-Smith (wife of Will Smith) Rita Wilson (actress and wife of Tom Hanks), as well as the wives of Paul Reiser, Harry Connick Jr, and Chazz Palminteri ★

## Singers

Anita Baker, Madonna, Gloria Estevan, Faith Hill, Tish Hinojosa, Tori Amos, Erykah Badu ★

## Models

Cindy Crawford, Elle McPherson, Jerry Hall (married to Rolling Stone Mick Jagger), Kathy Ireland, Connie Seleca, Keely Shaye Smith (wife of Pierce Brosnan) ★

## TV Personalities

Kathy Lee Gifford, Joan Lunden, Jane Pauley (twins!), Roseanne, Kelly Ripa (Live with Regis and Kelly) ★

## Political Figures

Sharon Kitzhaber (Oregon First Lady), Laura Bush, Princess Di, Tipper Gore, Karenna Gore Schiff (Al Gore's oldest daughter) ★

## Famous Author

Madeleine L'Engle (children's books) ★

## Sports Stars

Sheryl Swoopes (Houston Comets and WNBA Most Valuable Player), Kathy Rigby (Olympic gold medallist, gymnastics) ★

**And These Celebrities Were Breastfed.** Maybe that's why they're so talented!

Michael Jordan (breastfed for 3 years), Pele (Brazilian soccer star) (breastfed for 5 years), The Hanson's (singing group) ★



## What These Celebrities Say About Breastfeeding...

### Tori Amos

Singer-songwriter Tori Amos shocked her fans when she announced the birth of her baby girl. Word of her pregnancy was kept hush-hush. Amos said about the first time she nursed her daughter, “An ounce of breastmilk is more potent than the finest tequila.”

### Erykah Badu

Singer and actress Erykah Badu has released several albums, including her critically acclaimed 1997 debut *Baduizm*. She talks about becoming a mother: “When I first had the baby, I breastfed for two years straight, so we were together for two years of his life every day, all hours of the day. So I was two people, and I eventually morphed back into one. Now he’s part of me. He’s very independent as a result of it. I thought it was going to be the opposite. I was very worried that he was going to be attached since we were together every day, but I guess it made him feel comfortable: ‘I know she’s around. She’ll be there.’ It made me feel like a very responsible person...I’m now responsible for someone’s whole reason for being.”

### Jodie Foster

How did Jodie Foster diet her way down to pre-pregnancy weight for the film “Anna and the King”? According to an article in the *New York Daily News*, Jodie slimmed down after the birth of her son in September 1998 by breastfeeding. “I just couldn’t stop losing weight with the breastfeeding,” Jodie said. “I ate as much as I possibly could, but I kept losing. You’ll see why when you meet Charlie. He’s a stocky guy, and he likes to eat. You cook it, he’ll eat it.”

### Jerry Hall

An issue of *Vanity Fair* featured a picture of model and actress Jerry Hall breastfeeding her and Mick Jagger’s son, Gabriel. The picture was taken by celebrity photographer Annie Leibovitz and is featured in Leibovitz’s latest book entitled “Women.” In the photo, Jerry is elegantly dressed (heels and everything) sitting in a chair, breastfeeding her son. The message - breastfeeding can be glamorous, and she’s not worried about an “accident” on her designer outfit!

### Faith Hill

Country Music Network aired a biography of singer Faith Hill (who is married to country star Tim McGraw). Faith talked about how she would take breaks from shooting her latest music video to breastfeed her daughter.

### Catherine Zeta-Jones

When Welsh actress Catherine Zeta-Jones and her fiancé, actor Michael Douglas, had their baby boy, they were interviewed by the British tab *OK!* Magazine. “I’m going to do it as long as I can . . .there is something so intimate about it. For that one hour or 45 minutes it’s just wonderful. It’s wonderful bonding and you know they’re getting all those antibodies.”

