

5 MINUTES WITH...

Lisa B

THE MODEL AND MUM OF TWO ON HER NEW BOOK AND HER FAVOURITE TOPIC – HER BOYS

Model, singer, actress and now author, Lisa B, 36, believes in getting the most out of life, and that includes plenty of fun time with her two toddler sons Noah, 1 and Orlando, 2.

Did you always want to have children?

Definitely. It was something I dreamed about, but I just hadn't found the right man. Then, when I met Anton, my husband, everything simply fell into place.

Has being a mother changed your life?

Beyond all recognition. I came quite late to motherhood and I already had a career that involved travelling all over the world, picking and choosing which city I'd be in and having wonderful holidays. Nowadays the word 'spontaneity' doesn't even feature in my vocabulary! That was a shock to my system, but then, in a frazzled moment, I do remind myself that I have been there, done that and got the T-shirt, and I love my new life with my boys.

Tell us about them...

Well, they are so close in age, yet their little personalities are so different. Orlando is more like me, he's definitely not a morning person and he's quite self-contained, while Noah has a big, open, friendly personality and is much more like his daddy.

Do they get on well together?

They definitely have their moments when they fight and bicker with each other, but then just as quickly

it'll all be over, and they'll be kissing and cuddling, which is just so sweet.

What sort of mum are you?

Since having the boys I watch all the parenting programmes on TV and I've even started taking notes. I believe in discipline and I try to be firm but fair. But sometimes they're so cheeky that I just have to laugh. The other day we were in the car and I was trying to get Noah to take his afternoon nap. He shut his eyes for a split second before opening them and saying 'all done'!

What's next for you?

A girl! I'd love a daughter. If anyone knows of a foolproof method to have a girl I'd love to hear from them! Apart from that I might write another book. I loved writing my *Lifestyle Essentials* – it encourages people to take stock of their lives and offers advice on juggling a hectic lifestyle. It's something I feel really

passionate about. Who knows, my next book might focus on pregnancy...

● Lisa's new book is *Lifestyle Essentials: Get the Most Out of Life* (£12.99, Icon Books). *Prima Baby* readers can buy it for the special price of £10.99 including free p&p. Call 01206 255800 and quoting 'Lisa B/Prima Baby offer'.* **PB**

“ I try to be firm, but sometimes the boys are so cheeky, I just have to laugh ”



Lisa with her eldest son Orlando

