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Chrissy Teigen Says John Loves Her Postpartum Body & She Loves Him For That

The beloved celeb mom and Pampers Creative Consultant exclusively shared with Parents.com how her husband helps fuel her body confidence.

By [Maressa Brown](#) | Published on April 29, 2019



PHOTO: KATHY HUTCHINS/SHUTTERSTOCK

April 29, 2019

Whether she's taking down shaming trolls on Twitter or flaunting [postpartum mesh undies](#) on Instagram, Chrissy Teigen's honesty inspires moms everywhere. The Pampers Pure Creative Consultant, who recently debuted the Pampers Pure "Chrissy pack," featuring two of her favorite new prints: pretzels and bulldogs, which are exclusively available right now at Target, recently sat down with Parents.com to

open up about her post-baby shape and body image, sharing that the support she receives from her husband John Legend has been especially confidence-building.

"I'm lucky that John's very good with it," Teigen—who welcomed son Miles in May 2018 and, on April 14, celebrated her daughter Luna's 3rd birthday—tells Parents.com exclusively. "I'm sure there are some people and some men [who find it] hard to understand, but I have a very understanding, respectful husband that has really welcomed me and my new body, and he sees nothing wrong with it. So, that helps a lot. You have to have a good partner that's also cheering you along, too."

Teigen credits Legend's reaction to the fact that he's "very much a feminist." "I think, he's just always grown up with a lot of female friends," she notes. "He never felt the need to be like, 'Hey, it took you nine months to put it on, it's gonna take you nine months to take it off!' It was never like that with him. He just knows that it's a different time and a different phase, and he sees how happy I am now, and it's okay."

Embracing change and "a different time and a different phase" is at the root of Teigen's positive body image philosophy.

"You really just have to be able to be happy with this new chapter in your life and all the blessings it brings are just different than the blessings you had before," she says. "You have to be open to the fact that you may be a different size. You're going to have a different type of energy, your skin's going to change, your hair's going to change. Like, there's so many things that never come back, and it's not necessarily just weighing less. It's a whole different body change and mind change. It's silly we put so much focus on the snapback. I don't feel the same; why should I look the same? It's such an unrealistic thing to think that you're always going to be the same person for your entire life, and it's okay. I'm fine with my new body shape and my new pounds."

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Teigen has been especially vocal on this subject following Miles' birth in May 2018. Back on April 15, [Teigen was called "chubby" by a Twitter troll](#), and the outspoken celeb mom fired back with, "I do not care about my weight sooooo this does not hurt." In March, [Teigen shared with Twitter followers](#) that she's 20 pounds heavier than she was before her son's arrival. "I never lost the last bit because I just love food too much. Just coming to terms with my new normal, when I had this certain number for so long!"

The TV host and cookbook author's "new normal" also involves watching Luna and Miles bond as siblings. "Luna's such a good nurturer and caretaker, and she has all her baby dolls and loves taking care of them," she says. "She is sweet to him: I think Miles really wants to catch

up to her, because he sees how active she is, and he's pushing himself to be that active, and he's getting noisier and noisier and really army crawling around the whole house. He really wants to match her. He's trying to grow up faster."

But like most siblings, they "have their moments," Teigen admits. "Just this morning, she threw a toy, and it hit him, and we tried to get her to apologize, and she was so mad that we tried to get her to apologize," she says. "But then, in their own little ways, they'll do it. She'll be like, 'Oh Miles, you look so cute.' It's hard for kids to grasp an apology, so there's certain ways they do it, and it's just cute to me. I love seeing it."

Of course the proud mama also loves seeing her baby boy rocking her latest Pampers designs. Teigen recently took to Instagram to share a Boomerang of Miles wearing the bulldog print.

Fans can look forward to a whole new line of Pampers Pure diaper designs created by Teigen coming out over the summer—everything from tacos to avocado toast to the celeb mom's new take on #llamabutt.

Whether she's applying it to her creative projects and POV on body image, Teigen's spin is refreshingly fun-loving and positive. No doubt her latest "phase" is endearing her even more to moms everywhere.

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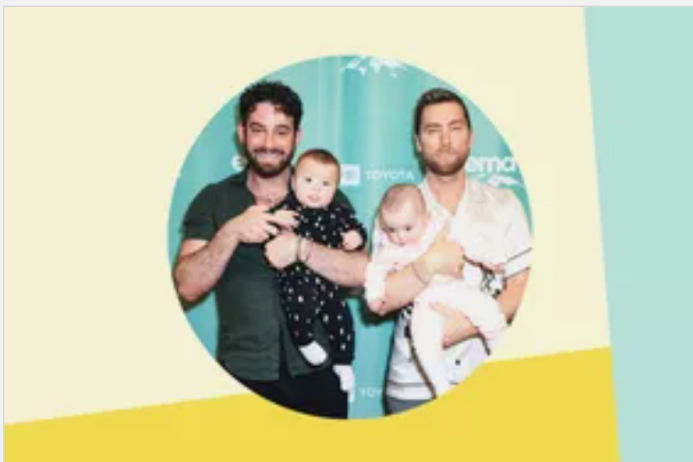
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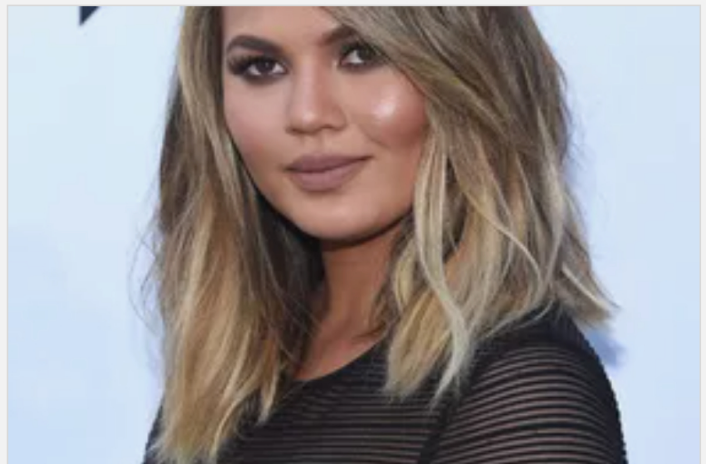
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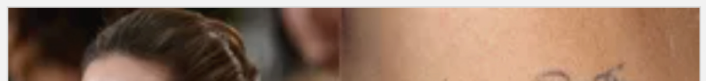
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