

Soha Ali Khan & Kunal Khemu | Pregnancy & Parenting | Fun Game

10 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=KFI0-GC0T0Q](https://www.youtube.com/watch?v=kFI0-GC0T0Q)

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SUMMARY

Soha Ali Khan and Kunal Khemu share their experiences as new parents, discussing the emotional rollercoaster of pregnancy, their parenting styles, and the importance of self-care. They emphasize the need for flexibility in parenting and the challenges of balancing public life with personal changes.

- *Soha describes her pregnancy journey as a mix of excitement and anxiety, taking it one day at a time.*
- *The couple prefers spontaneity over planning, reflecting on their impulsive decisions regarding marriage and parenthood.*
- *Soha discusses her beauty regime, highlighting yoga, nutrition, and the importance of sleep while facing public scrutiny.*
- *She expresses concerns about body changes during pregnancy, particularly stretch marks, and shares her intention to use bio oil for skin care.*
- *Soha's upcoming book, "The Perils of Being Moderately Famous," explores her life in a famous family and her quest for identity.*
- *The couple engages in light-hearted discussions about parenting advice, their reading habits, and the dynamics of their relationship as new parents.*
- *They acknowledge the challenges of parenting, including the need to adapt to their child's needs and the unpredictability of the journey.*

Speaker 1: Foreign welcome to KSP tv. Today we have new parents on the block. Soha Ali Khan and Kunal King. Kunal has been very, very patient all through the interactions being said, he's just extremely supportive, hanging in there and so has doing all the hard work and all of that. So how has the journey last couple of months been? How's the journey been so far?

Speaker 2: It's been. It's been good. You know, Touchwood. I've had certain ups and downs and, you know, certain good days and bad days, but on the whole I feel good and there's still a long way to go, so I'm taking it one day at a time.

Speaker 1: Yeah, that's how it should be. What was the first reaction when you serviced to pink lines?

Speaker 2: I would say that excitement, certainly. And it's a mixed bag. There's a lot of anxiety, there's a lot of nervousness because you understand, it takes time to understand what it means. But I was very happy. I was ready and I was very happy.

Speaker 1: Was that on the bucket list before falling?

Speaker 2: I have no bucket list. I don't know about Kunal, but we've taken things, we've been very impulsive. We've just done things as they feel ready. Whether it was our marriage, whether it's our relationship, whether it's certain decisions when it comes to work, they're sort of impulsive and we're not really big planners.

Speaker 1: I would say, yeah, you need to now plan because now he's coming, he's not going to be on impulse and now you're going to like I keep kindness to everybody that if you're a mom or a dad, there'll be like multiple excels. So now planning really, like you just have planned everything. There's very chaos.

Speaker 3: I think there's so many people doing it for you. Anyways, both our parents are kind of up for the job. I mean, sometimes it's just about you have all the options and you just do the tick marks. And as much as you want to plan, we don't know anything about parenting. I mean, we've all been around kids, but it's a different thing when it's your own kid and you take it as a day as it comes and hopefully do a good job.

Speaker 1: So what's your beauty regime, especially given that you're always facing cameras. Is there extra pressure?

Speaker 2: There is some pressure. You know, sometimes, of course, you go out now there's a lot of social media and they sort of pop up from nowhere and you're not always looking your Best. You don't always have your best face on, but I think, you know, the idea is to take it with a pinch of salt. And I don't mind seeing myself, you know, in photographs, not looking my best. I've got. You sort of develop a thick skin I think when you're in, in the limelight like that.

Speaker 2: But of course you want to try to look your best. I believe in doing yoga. I think that's really important. Of course, good nutrition I've always adopted, even before this news and this journey in my life. So I think good diet, a good lifestyle, a minimum of 10 hours of sleep is very important.

Speaker 1: You've been sleeping 12, which is awesome.

Speaker 2: I've been sleeping 10. Who said 12?

Speaker 1: You said 12.

Speaker 2: No, no, 10. Don't be ridiculous. 12 on Sundays. Okay. And yoga, I just think everybody should do yoga.

Speaker 1: Awesome. Tell me, are you worried about that one thought that all moms would do, which is stretch marks?

Speaker 2: I am worried. I would like, I would be lying to say I'm not worried at all. I was worried about putting on weight as well because I, you know, I said this on stage that I've been 49 kilos for over 25 years. And so to see that, you know, the scale tip over and cross 50 and now significant, significantly over 50 was, was new for me. I just understood that not only putting on weight, your skin also goes through so many changes like stretch marks, like pigmentation changes.

Speaker 2: So those things, I think it's important when you can look after something, it's important to do that and to look after yourself. And that's why we're very excited to be associating with bio oil today because this is the time that I'm going to start using it. And if there was one advice, I've got lots of advice, but one thing that a lot of people told me was start using bio oil as soon as you hit your second trimester and use it on a regular basis because it will really help in terms of warding off stretch marks.

Speaker 2: And once you have them, which are often inevitable and also very normal, it will also help erase them.

Speaker 1: Right, okay. About your book that's releasing this year, right, The Perils of Being Moderately Famous. Tell us a little bit more about it.

Speaker 2: Well, it's called the Perils of Being Moderately Famous and it's about me and my life and I think my position as I see myself in a very famous family where everyone is a superstar, whether it's my mother or my father, my brother, my sister in law, my husband, you know, so it's finding your space within that. And I think it's about trying to fit into shoes that are big that you will never fit into because my feet are too small.

Speaker 2: But you still, you know, you try and find your way in society, and it will hopefully be tongue in cheek and, you know, not serious like me.

Speaker 1: All right, now on saying a word.

Speaker 2: I can't.

Speaker 1: Okay, this is fun. This is fun. Kuran, you can chip in. Okay. How many pregnancy kits did you try before you confirmed that. Yes, this is. This is it. It's confirmed one. That's it?

Speaker 2: Yeah.

Speaker 3: I didn't even know that.

Speaker 2: Wow.

Speaker 1: I mean, I know, like, people are in denial, and they.

Speaker 2: I believe in products, and I believe was written on the package.

Speaker 1: Okay, perfect. Worst parenting advice anyone has given you.

Speaker 2: You're eating for two. You're not eating for two.

Speaker 1: What have you Googled the most in regards to pregnancy?

Speaker 2: There's a lot of things I just keep Googling this week, you know, like, whatever week it is, I want to know what I'm going through, what's happening inside me. So I'm constantly. I wish it was daily as opposed to weekly. You know, I really want to know every day what's happening to me and how to deal with it.

Speaker 1: What's your search history?

Speaker 3: Nothing. This is the same thing I keep asking her. I. I actually want to know everything right now. And I know that's not possible, but you can.

Speaker 1: You know, you can do that. You can skip the weeks.

Speaker 3: I know. But then I don't. Oh, you seem so.

Speaker 2: Nobody would get ahead of ourselves.

Speaker 3: Yeah. So I'm not allowed to do that.

Speaker 2: Yeah. I don't let him get ahead of

Speaker 3: themselves because I would do that otherwise. That's what I'm looking at.

Speaker 2: What.

Speaker 3: What is this?

Speaker 1: You guys are talking about watching Netflix and you like stuff.

Speaker 2: Yeah, exactly.

Speaker 1: All right. First person to get pregnancy news.

Speaker 3: Me.

Speaker 2: My doctor, I hope.

Speaker 1: Who do you think will play the good cop and the bad copy?

Speaker 3: I'm a Gemini, so I can do both myself. I can leave the room and come back as a bad cop and come back again as a good cop, but I have a feeling that she'll be the one who will have to play the bad boy.

Speaker 2: I think I'll have no choice because I suspect Kunal will be easily swayed by a smaller version of him. Yeah, that looks female or male version.

Speaker 3: Yeah, but either.

Speaker 2: Yeah.

Speaker 1: Yeah. Okay. Who reads more books and shares more articles with each other on pregnancy and daily progress?

Speaker 2: All reading stuff is read.

Speaker 1: Okay, perfect. Now we're gonna play that game. So I request you to pick up the cards, take one each, and the game is. Have you ever. So you point out a yes when it's a yes, and you point out a no when it's a no. Turn a deaf ear to your partner's mood strings.

Speaker 2: Is there all the time.

Speaker 1: No, he's not.

Speaker 2: Brownie points.

Speaker 1: He's absolutely earning brownie points.

Speaker 3: I worked on the nephew. Dude, I'll put up a \$5.

Speaker 1: Okay. Use a full bottle of bio oil at one go. Thinking it'll work better.

Speaker 3: I don't. I'm not even. Like, I'm not supposed to be in this competition.

Speaker 2: No, but you can say whether she

Speaker 1: has or she has.

Speaker 3: No, we've got to use it. We haven't started using it yet.

Speaker 1: Kunal, have you used it too?

Speaker 2: No.

Speaker 1: Okay. Do you intend.

Speaker 3: No, thankfully, I don't have stretch marks.

Speaker 1: Okay.

Speaker 2: But you can use it for all those other things like hydration and, you know, just warding off age.

Speaker 3: Yes.

Speaker 1: You're probably gonna get more emails on progress and where you should be using. Okay. You're in your initial stage of your relationship. Try to sneak out of an awkward conversation, especially with baby. You know, like, every single. When you're giving the good news and all that, you're like, oh, with each

Speaker 2: other or with other people?

Speaker 1: No, with other people. Like, you know, trying to push you towards the baby space. Okay. Yes. So said because. Said because I am pregnant. So that means that. Have you said, I'll just get away with this? Has she done that?

Speaker 2: No, not yet.

Speaker 3: Not yet.

Speaker 2: Can one do that?

Speaker 1: Yeah. Like, just look at that.

Speaker 3: I can, like, guarantee she'll never do it, actually.

Speaker 1: Said because you're not a woman, you will never understand. Said that. No.

Speaker 2: Wow.

Speaker 3: I wish I could say that.

Speaker 2: Good guy.

Speaker 1: Made up.

Speaker 2: I'm a good girl.

Speaker 1: Made up a craving to tease.

Speaker 2: Made up a craving to tease him.

Speaker 1: Even if it's like 12th in the night.

Speaker 2: I don't.

Speaker 1: Guys, is this even for a real relationship?

Speaker 2: What craving?

Speaker 3: I was thrown of a house once because she wanted to have some.

Speaker 2: I made up a fight. Yeah, this was actually a while ago. Yeah.

Speaker 3: Okay.

Speaker 2: Okay.

Speaker 3: That's happened.

Speaker 1: Okay. Try to hide your belly in. In.

Speaker 2: You know, actually, it's the frustrating thing when you're not allowed to tell people is when you feel most unwell and you start to expand. So, yes, certainly in. In the beginning, I think I tried to hold it in till I almost fainted. And then I realized. Sorry. Okay, this is short one answer.

Speaker 1: Yeah.

Speaker 2: Yeah.

Speaker 1: Okay. Googled your pregnancy news.

Speaker 2: Yeah. No, no.

Speaker 1: Like, Twitter or whatever. You checked out.

Speaker 3: No, no, I haven't got it.

Speaker 1: Okay. Send a picture of your belly to Punal just to show it's growing. Have you started chatting with your baby already?

Speaker 2: Good, good.

Speaker 1: Guys, have you started watching childbirth videos already? Don't do it. Okay. Have you ever worried about having your husband in the delivery room?

Speaker 3: What?

Speaker 2: Is he worried about him?

Speaker 1: Yeah.

Speaker 2: No, you're not. You have to be that.

Speaker 1: Yeah. I was more worried about my husband being in the delivery room than actually pushing the baby out. No clue. You're not worried that he'll say, I

Speaker 3: thought we're just holding the plaque. I don't know.

Speaker 2: We're not explaining ourselves, we're just answering.

Speaker 1: Perfect. Great, guys. Thank you so much. This has been such a fun chat.

Speaker 2: Thank you.

Speaker 1: And by far, I mean, he's. I think you guys are going to, like, have a breeze through paring. And for everything else, that's Kickstart.

Speaker 2: Absolutely.