

Joanna Gaines: Giving Birth at 40 Is a 'Gift'

Fixer Upper's Joanna Gaines is opening up about the highs and lows of her latest pregnancy, and why she believes having a baby at 40 was a "gift."

The Gaines family welcomed Crew Gaines into the world on June 21. While this latest pregnancy may have been unexpected, it came at the perfect time.

"Chip and I made a choice to take some time off this past year because it seemed best for us in that season—even though we knew it would stretch us to stay still," she writes in the fall edition of the *Magnolia Journal* magazine. "Only a few weeks later I found out I was pregnant."

The last time the Gaines were pregnant was eight years ago when they brought their fourth child, Emmie, into the world. This pregnancy presented new challenges.

"I am 40, and pregnancy this time was different," she says. "I have always really enjoyed being pregnant—I tend to feel my best during those nine months. This time I felt a little more worn out than usual."

Despite feeling more tired than usual, Gaines appreciated living life at a slower pace.

"It's sweet how, even in the most unpredictable ways, we're given exactly what we need for that exact moment in time. It wasn't something I could have anticipated. But being pregnant and 'forced' to slow down has been a gift," she shares. {eo}

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