



ON HER
2-YEAR-OLD'S
GYMNASTIC
SKILLS:

She Can Go For the Gold If She Wants!



FAMILY VALUES

Shawn tells *In Touch* her kids – including “wild” daughter Drew, who cut her head in a fall – “challenge me every day to be the best mom I can be.”

The Olympic champion's daughter is a natural at the sport that made her mom world-famous

Olympic gold medalist Shawn Johnson East has had a change of heart about allowing her daughter to potentially follow in her footsteps. In 2018, Shawn slammed USA Gymnastics for prioritizing winning over the well-being of its young competitors and said she wouldn't put her children into the sport. But now, she reveals to *In Touch* that her 2-year-old is learning the ropes at a local gymnastics camp: “It's crazy that I agreed to do it, but there's a gym out here that I trust with my life, and Drew just adores it.” Here, the 30-year-old mom of two



(she and her husband of six years, retired NFL player Andrew East, also share Jett, 10 months) — who recently launched lifestyle media company *Family Made* — talks to *In Touch's* Fortune Benatar about mom life, date nights and the celeb who left her “flooded.”

Will Drew continue with gymnastics?

SJE: She's not *technically* in a gymnastics class yet — it will probably be a while before

that ever happens. She goes to a camp a couple of days a week and runs around. I'm not opposed to it; it will be up to her.

What's it like going from one kid to two?

SJE: You just don't get any breaks. I have less energy, and I need more! Having kids, you have to be so selfless. But I adore my babies. They're so much fun.

Is Drew enjoying being a big sister?

SJE: She loves it. There are times when she feels jealous and wants more mommy or daddy time. She's very vocal about that. She'll say, “Daddy, hold brother! Mommy, hold Drew!” She's a good big sister.

Who takes after who more?

SJE: Drew is very sassy and particular, so she takes after me. Jett is the chilliest, happiest dude and takes after Andrew.

Do you think you'll have more kids?

SJE: After having Drew, I knew 100 percent that I wanted to have another one. Now, I'm just not sure. I'd say we'll most likely have another, but I don't know when.

You've said you felt disconnected from Andrew when you became parents. How did you reconnect?

SJE: It's normal to feel that way because you're both taking on new roles and sharing each other with a new human. Acknowledging it's a phase helps. We had to prioritize each other with date nights. We have one every week, alternating who plans it, which allows for a little excitement and spontaneity.

Tell us about Family Made.

SJE: We have our podcast, *Couple Things*, and we do YouTube and vlogging, TikTok and Instagram. We wanted to give families a platform to share good-hearted content — nothing clickbait-y. We're piecing together this community of content creators, podcasters and bloggers who truly celebrate the word “family” in every way.

Any dream guests for *Couple Things*?

SJE: I have a million! We'd love to have Justin and Hailey Bieber on. And then I want to interview Zendaya and Tom Holland. But then I also want to talk to them as Spider-Man and MJ. It sounds ridiculous, but that's my dream. ■

On a Lighter Note...

Shawn answers our burning questions!

WHICH EMOJI DO YOU USE MOST?

The laughing crying one.



WHAT IS YOUR GUILTY PLEASURE?

Pancakes.

WHO HAS MADE YOU THE MOST STARSTRUCK?

Vince Vaughn. I met him at the Olympic Games when I was competing, and he introduced himself and knew my name and everything. I was just floored.



WHAT IS YOUR FAVORITE MOVIE AND WHY?

I'm a Marvel geek. I am obsessed with Marvel movies — every single one of them.

WHAT IS A RECENT SPLURGE PURCHASE YOU'VE MADE FOR YOURSELF?

Jewelry. There's this company called the Last Line, and it's very small fine jewelry. I like to wear my babies' initials on a necklace by Dana Seng. It's just a way to make me feel special and indulge my mom side. I've never taken it off.

