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**Nursing Mother's Companion 8th Edition The Breastfeeding Book Mothers Trust, from Pregnancy Through Weaning** In this fully updated 8th edition of *Nursing Mother's Companion*, Kathleen Huggins equips breastfeeding mothers with the tools they need to overcome difficulties and nurse their babies successfully. **Pocket Guide for Lactation Management** Jones & Bartlett Publishers *Pocket Guide for Lactation Management, Second Edition* is the perfect resource for the variety of situations commonly encountered by those working with lactating and breastfeeding mothers and their babies. Conveniently organized by the issue that the healthcare provider will meet, it helps caregivers quickly resolve key challenges, such as babies who aren't gaining weight fast enough, mothers with sore nipples, and basic sucking problems. Quick reference charts, algorithms, and diagrams assist the caregiver in quickly determining whether they have assessed the situation correctly. Designed for use by an interdisciplinary array of caregivers in practice settings, *Pocket Guide for Lactation Management, Second Edition* contains updated references, new evidence-based strategies for problem resolution, and a user-friendly appendix. **Lactivism How Feminists and Fundamentalists, Hippies and Yuppies, and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy** Hachette UK Social scientist and mother Courtney Jung explores the ever-expanding world of breastfeeding advocacy, shining a new light on the diverse communities who compose it, the dubious science behind it, and the pernicious public policies to which it has given rise Is breast really best? Breastfeeding is widely assumed to be the healthiest choice, yet growing evidence suggests that its benefits have been greatly exaggerated. New moms are pressured by doctors, health officials, and friends to avoid the bottle at all costs-often at the expense of their jobs, their pocketbooks, and their well-being. In *Lactivism*, political scientist Courtney Jung offers the most deeply researched and far-reaching critique of breastfeeding advocacy to date. Drawing on her own experience as a devoted mother who breastfed her two children and her expertise as a social scientist, Jung investigates the benefits of breastfeeding and asks why so many people across the political spectrum are passionately invested in promoting it, even as its health benefits have been persuasively challenged. What emerges is an eye-opening story about class and race in America, the big business of breastfeeding, and the fraught politics of contemporary motherhood. **A Simple Guide to Pregnancy & Baby's First Year The Modern Princess Don't Sweat It** Media Inc. Winner of 5 parenting awards including: Mom's Choice, National Parenting Publication, SheKnows Parenting Award & Editor's Choice. A positive approach to parenting. Every new mom deserves the royal treatment. As soon as that plus sign first appears (whether long-awaited or a total surprise!), your life becomes a whirlwind of advice, expectations, and uncertainties. Never fear, your award winning guide to happily ever after is here! *A Simple Guide to Pregnancy & Baby's First Year* is like your best friend who's been there before: this book will make you laugh, while giving you the real answers and seasoned solutions that all new moms are looking for. Simple steps to better health and happiness for you and baby Solutions for each trimester, including how to ace the worry factor Nutrition guidelines that are good for you and your budget Checklists on the essentials from nursery to hospital bag and must-have baby gear A month-by-month guide to developmental milestones for baby's first year Quick & Easy tips for breastfeeding, sleep training and going back to work Much, much more! **Brain Health From Birth Nurturing Brain Development During Pregnancy and the First Year** Franklin Fox Publishing LLC Raising a bright and happy child starts during pregnancy and early infancy, when small changes can have a big impact on brain development. By taking advantage of this golden window of opportunity--when millions of new brain cells are formed every single day--you can help support your child's IQ, language development, memory, attention span, and emotional regulation. Importantly, the same strategies that nurture these cognitive abilities can also help reduce the odds of autism and ADHD, conditions that now impact 1 in 10 children. *Brain Health from Birth* is your guide to this new scientific frontier, explaining which key nutrients may be missing from your prenatal supplement, how to reduce the odds of preterm birth, what to look for in a formula, how to support your baby's microbiome, and much more. With contributions from leading obstetricians and pediatricians, science writer Rebecca Fett (author of the bestselling fertility book *It Starts with the Egg*) brings you practical advice you can start applying today, to help your baby thrive. **Baby Bargains Your Baby Registry Cheat Sheet! Honest & Independent Reviews to Help You Choose Your Baby's Car Seat, Stroller, Crib, High Chair, Monitor, Carrier, Breast Pump, Bassinet & More!** America's best-selling and best-loved guide to baby gear is back with an updated and revised edition! Yes, a baby book that actually answers the big question about having a baby: How am I going to afford all this? With the average cost of a baby topping \$7400 for just the first year alone, new parents need creative solutions and innovative ideas to navigate the consumer maze that confronts all parents-to-be. *Baby Bargains* is the answer! Inside, you'll discover: \* BEST BET PICKS for cribs, car seats, strollers, high chairs, diapers and more! \* CHEAT SHEETS for your baby registry--create a baby registry in minutes with our good, better, best ideas. \* SEVEN THINGS no one tells you about baby gear, from nursery furniture to feeding baby. \* THE TRUTH ABOUT STROLLERS--and which brands work best in the real world. \* Dozens of SAFETY TIPS to keep baby safe and affordably baby proof your home. \* DETAILED CHARTS that compare brands of cribs, high chairs, car seats and more. This new 14th edition adds the latest tips and advice on getting bargains on baby gear, including: Streamlined recommendations by parenting lifestyle, from a crib for space-challenged urban parents to an affordable car seat for Grandma's car. New recommendations for baby feeding, from baby food processors to storage ideas for homemade baby food. BUDGET-FRIENDLY picks for dozens of items, from high chairs to infant car seats. Expanded coverage of new baby gear items, like extra-large playpens, sleep soothers and more **One Handed Cooks** Viking Giving your child the best possible start in life includes the food you offer them every single day. *One Handed Cooks: How to raise a healthy, happy eater* provides simple recipes that are enticing, varied and highly nutritious, as well as plenty of practical advice to help you successfully navigate your child's journey with solid foods. Learn how to avoid the trap of fussy eating, and ways to manage the common challenges that parents face, from spoon refusal to teething issues, throwing food and gagging. Above all, learn how to set your child up with a positive relationship with food and healthy eating habits that will last a lifetime. **Baby Bargains Secrets to Saving 20% to 50% on Baby Furniture, Gear, Clothes, Strollers, Car Seats and Much, Much More!** America's best-selling and best-loved guide to baby gear is back with an updated and revised edition! Yes, a baby book that actually answers the big question about having a baby: How am I going to afford all this? With the average cost of a baby topping \$7400 for just the first year alone, new parents need creative solutions and innovative ideas to navigate the consumer maze that confronts all parents-to-be. *Baby Bargains* is the answer! Inside, you'll discover: \* BEST BET PICKS for cribs, car seats, strollers, high chairs, diapers and more! \* CHEAT SHEETS for your baby registry--create a baby registry in minutes with our good, better, best ideas. \* SEVEN THINGS no one tells you about baby gear, from nursery furniture to feeding baby. \* THE TRUTH ABOUT STROLLERS--and which brands work best in the real world. \* Dozens of SAFETY TIPS to keep baby safe and affordably baby proof your home. \* DETAILED CHARTS that compare brands of cribs, high chairs, car seats and more. This new 12th edition adds the latest tips and advice on getting bargains on baby gear, including: Streamlined recommendations by parenting lifestyle, from a crib for space-challenged urban parents to an affordable car seat for Grandma's car. New recommendations for baby feeding, from baby food processors to storage ideas for home-made baby food. BUDGET-FRIENDLY picks for dozens of items, from high chairs to infant car seats. Expanded coverage of the price war on diapers--who's got the best deals now? **Three in a Bed The Benefits of Sleeping with Your Baby** A&C Black Impeccably researched rulebook for the thoroughly modern mother Jackson makes a lively, impressive case for the benefits of sleeping with your baby - *Daily Mail* **Bestfeeding How to Breastfeed Your Baby** Celestial Arts For more than a decade, BESTFEEDING has been recognized by midwives, doctors, and nursing mothers as the definitive word on breastfeeding. The culmination of 60-plus years of hands-on experience from three dedicated and internationally respected authors, this newly updated classic blends academic knowledge, clinical expertise, and practical skills to educate first-time and experienced mothers alike. Mothers will find precisely the information they need to help their babies grow and thrive-physically and emotionally-as a result of breastfeeding. The book answers all questions a new mother may have, and it is fully illustrated with dozens of helpful photos and drawings that demonstrate all the dos and don'ts of breastfeeding. In addition to the basics, mothers will find tried-and-true solutions to both common and more unusual problems, as well as remedies for babies with special needs. With its sensitive and informed advice, BESTFEEDING is a supportive reminder of what women have always known: that breastfeeding is, quite simply, the best way to nourish a baby. • An illustrated guide to the basics of breastfeeding your baby, with more than 100 photos. • Topics include the benefits of breastfeeding for both you and your baby; posture and positions; medical and dietary concerns; and causes and solutions to numerous breastfeeding problems. • Revised and thoroughly updated with new information on feeding multiple babies and adopted babies, and a discussion of the emotional rewards of breastfeeding. • The first two editions have sold more than 120,000 copies. **Bestfeeding Getting Breastfeeding Right for You : the Illustrated Guide** This guide can help mothers get breastfeeding right for them and their babies. Includes information on establishing breastfeeding in the early days and weeks and resolving problems quickly and easily. Photos and illustrations. **Consumers Index to Product Evaluations and Information Sources Supernatural Childbirth** Destiny Image Publishers Pregnancy and childbirth are often depicted as a time of sickness and mood swings for women followed by twelve to twenty hours of pain and hard labor. Many women have been told they can never conceive. Others have suffered the pain of conceiving and miscarriage. Have you had enough of this picture? *Supernatural Childbirth* is a practical and realistic look at God's promises for conception, pregnancy and delivery. This is not "pie-in-the-sky"-This is a personal testimony of how one couple overcame defeat and triumphed in God's plan! Jackie Mize had been told she could never have children. However, by unlocking powerful truths and dynamic faith principles she and her husband Terry found in the Bible, they now have four miracle children! This exciting book shares with you these truths and faith principles. You will learn these things: \* How to put faith principles into action for your very own supernatural childbirth \* How you can be a living example of God's promises in action \* How to deal with fear during pregnancy and delivery \* How and when to use your faith for pregnancy and delivery Also included in *Supernatural Childbirth*: \* Faith-inspiring testimonies from women who have followed these principles and experienced their own supernatural childbirth \* Confessions and prayers for a supernatural conception, pregnancy, childbirth, and all circumstances surrounding each stage \* A powerful teaching section by Terry Mize explaining the curse on Eve in the Garden of Eden **The Ugly Duckling Breastfeeding for Beginners** HarperCollins UK This title aims to provide support for new mothers at the often trying and painful time of breastfeeding a new baby, with practical advice supplemented with illustrations. Parents and qualified NCT breastfeeding counsellors give detailed practical advice with useful tips and case studies. The book covers all areas of the subject, from the early days - coping with soreness, positioning, colic, night feeds, premature babies or twins - to returning to work and expressing milk. As research shows that breast is definitely best where mothers are able to breastfeed, it is crucial that they are given the right advice and support. This book should make the experience a rewarding and painless one. **Breastfeeding in Combat Boots A Survival Guide to Successful Breastfeeding While Serving in the Military** Hale Pub L P Breastfeeding in Combat Boots is a much needed resource for active-duty mothers and mothers-to-be, who are seeking information and support on how to breastfeed successfully while serving their country. Are you pregnant and in the military? Do you want to breastfeed, but just don't know how you can combine 12 hour shifts, training exercises, or deployment with breastfeeding your baby? Robyn Roche-Paull answers these questions and more in *Breastfeeding in Combat Boots - A Survival Guide to Successful Breastfeeding While Serving in the Military*. As a veteran of the United States Navy, mother of three breastfed children, International Board Certified Lactation Consultant, and La Leche League Leader, the author has helped many active-duty mothers breastfeed their babies. She has now compiled this knowledge into a comprehensive guide to help all mothers in the military breastfeed their babies successfully. Most services now have written policies in place to support breastfeeding and direct commanders to provide a place and time for pumping milk. However, even with the policies in place, military mothers face unique circumstances that can make breastfeeding successfully a challenge. This book was written to help military mothers overcome the challenges they face so they can provide the best nutrition for their babies. Some of the topics covered include: How do I get breastfeeding off to a good start in only six short weeks? Can I pump while in the desert for training exercises? Is my pump allowed onboard ship? Do I need to pump and dump if I've been exposed to JP-8? How do I deal with co-workers who do not support my pumping while on duty? These questions and more are answered in *Breastfeeding in Combat Boots!* In this book, the author provides military moms with insight into the rewarding and wonderful aspects of breastfeeding on active duty, while also giving a realistic look at the challenges that lay ahead. If you are an active- d **Money Made Easy 2015-16 The complete guide to making and saving money for the whole family** Harriman House Limited *Money Made Easy 2015-16* is here to help you master your personal finances - cutting through the jargon and explaining clever but simple ways to make and save money. Covering every stage of life, it gives you the tools you need to ensure you always get a good deal. The good news is that whatever age you are, however much you earn, whatever your history, you can always improve your financial position by getting organised. You don't need a new job or a pay rise; you can improve your finances without making any major lifestyle changes - and you can do it today. Dive into *Money Made Easy* and

find out: - how to grow your money over the long term - how to plan and save for retirement - how to start a business - how to buy and sell property - how to cut debt and build savings - how to get organised for life's big events: childbirth, marriage and more. The book also includes a product guide covering the building blocks of personal finance and a handy jargon buster. Personal finance is not an enigma and it's not impossible to understand; it's just a subject many people avoid. Don't be one of them. Start smartening your finances today - thanks to this book, it's never been easier. **Weaning Sense** Quivertree Publications Offering a weaning solution from expert authors based on your baby's sensory personality, Weaning Sense demystifies weaning and, using current research, gives you an easy to use, real food solution. Grounded firmly in science and using simple and inspiring ingredient combinations with minimal equipment and quick preparation times, the authors introduce a revolutionary way to wean babies. Includes over 50 delicious foolproof recipes. **Go Milk Yourself You Have Power. Express It!** Createspace Independent Publishing Platform Go Milk Yourself is an ode to the power inside each of us. What began as a journey to breastfeed her children became a new life's purpose for Francie Webb - help others to discover their own power through the hand expression of breast milk. This book is for lactating parents and anyone who supports them. This book is also for any human who could use a reminder that YOU ARE ENOUGH. Here you can learn the unique techniques of the Go Milk Yourself Method, read Francie's incredible journey from grieving teenager to viral bed birther, and find inspiration to jump-start your own new, all-the-more-badass life. **Simply Seasonal** Penguin Random House South Africa Simply Seasonal is a vibrant, visual recipe guide inspired by nature's endless bounties. Choosing to cook and eat seasonally places a fresh spotlight on what's being produced in our immediate surroundings. It encourages us to buy local, making us aware of what smaller producers are offering in our neighbourhoods. Seasonal ingredients are given star status in the over 80 recipes, which range from starters to side dishes and from main courses to desserts. Each recipe is accompanied by a glorious full-colour photograph. Discover the seasons wherever you live and keep home cooking simple, local, joyful and unapologetically personal. **Working and Breastfeeding Made Simple** With its evidence-based insights, Working & Breastfeeding Made Simple takes the mystery out of pumping and milk production. Written by an international breastfeeding expert, it puts you in control of your own experience with straightforward explanations of how milk is made and what you can do to reach your own best level. Whether your maternity leave is long, short, or in between, it includes what you need to know every step of the way. New concepts such as "The Magic Number" explain how to tailor your daily routine to your body's response. It also includes pumping strategies that can increase your milk yields by nearly 50%. Tips from employed mothers provide the wisdom of hindsight. No matter what your work setting or whether you stay close to home or travel regularly, this book provides the essentials you need to reach your personal breastfeeding goals **Scientific American** Monthly magazine devoted to topics of general scientific interest. **The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth** Simon and Schuster "Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"-- **D-3230(Korean) For Friends and Family My Dog Eats Better Than Me Recipes Your Dog Will Love** Hardie Grant Books My Dog Eats Better Than Me is the ultimate recipe book for anyone who wants to nourish their precious canine friends by creating nutritious, satisfying and exciting meals and treats. My Dog Eats Better Than Me is a collection of recipes, tips and advice for dog lovers who understand that dogs are family and deserve to be catered for accordingly with nourishing, healthy, considered meals and treats. Authors Fiona Rigg and Jacqui Melville make this possible with more than 60 recipes across multiple chapters, from biscuits to main meals, from puppies to doggie celebrations. In this fully photographed, beautiful book (starring a cast of pooches, big, small and in-between), Fiona and Jacqui offer tips on dog nutrition, ingredients to use (and avoid) and storage tips as well as offering easy visual recipe references for people who are looking to prepare create a homemade diet for their dog. My Dog Eats Better Than Me also offers a bonus chapter on wellness that includes doggie yoga and spa treatments. **Your Baby's Bottle-feeding Aversion Reasons and Solutions** Createspace Independent Publishing Platform An infant bottle-feeding aversion is one of the most complex, stressful and confusing situations parents could face. Baby becomes distressed at feeding times and refuses to feed or eats very little despite obvious hunger. Why won't he/she eat? This is a question parents ask numerous health professionals while searching for a solution. Babies are typically diagnosed with one, two or three medical conditions to explain their aversive feeding behavior during brief appointments. Unfortunately, behavioral causes are often overlooked. Consequently, many parents don't receive an effective solution from the health professionals they consult. This is why this book is so necessary. In Your Baby's Bottle-feeding Aversion, Rowena describes the various reasons babies display aversive feeding behavior, explains how the reader can identify the cause, and describes effective solutions. Included are step-by-step instructions on how to resolve a behavioral feeding aversion that occurs as a result of being repeatedly pressured to feed - the most common of all reasons for babies to become averse to bottle-feeding. Your Baby's Bottle-feeding Aversion provides practical professional feeding advice that not only makes good sense, it works! **Three Ingredient Cocktails 60 Drinks Made in Minutes** Hardie Grant Publishing With 60 recipes, Three Ingredient Cocktails demonstrate that all the best cocktails are made with no more than three ingredients - think martini, old fashioned and margaritas. Divided by main ingredient - gin, vodka, tequila, whisky, rum and sparkling wine - each drink can be whipped up in five minutes or less, with simple snack suggestions at the end of each chapter to pair with them. Three Ingredient Cocktails shows you also how to make the most of a simple home bar set up, and how to turn your living room into an on-trend cocktail lounge. With make ahead and batch cocktails, as well as renowned classics, this book is everything you need to bring elegance and style to your cocktail hour. **Super Natural** Penguin Random House South Africa Super Natural pivots around an abundance of vegetables and natural, whole foods, celebrating seasonal produce, good fats and whole grains, pulses and legumes, and foods that are almost entirely free of refined carbohydrates and sugars. Best of all, the recipes are accessible, easy, budget friendly, beautiful and delicious. And for Sarah Graham's loyal army of fans, Super Natural is a guide to living well and eating mindfully - a continuum of her highly popular cookbook Wholesome, which is heading towards its fifth printing. Besides the health benefits of eating more vegetables and, ultimately, fewer animal products, Sarah also has a more altruistic motive, that of caring for our planet and being more aware of where our food comes from and how our eating impacts our world. **Bluey: My Mum Is the Best** Random House Bluey and Bingo love their mum, and she loves them! They do all sorts of fun (and not as fun) things together, like scooter rides, dancing and reading bedtime stories. Discover all of Chilli's special mum skills in this touching and humorous book. What other adventures will you go on with Bluey? Also Available: Bluey: Grannies Bluey: Charades Bluey: Typewriter Bluey: Bob Bilby Bluey: Bingo **Shudu Finds Her Magic Peppa Pig Peppa Plays Cricket** Ladybird It is a very sunny day. Perfect for a game of cricket! Daddy Pig teaches Peppa, George and Suzy Sheep how to play cricket in the garden, followed by the most important part of the game - taking a break for tea and cake! Everyone loves cricket, especially Daddy Pig! **The Pediatrician's Guide to Feeding Babies and Toddlers Practical Answers To Your Questions on Nutrition, Starting Solids, Allergies, Picky Eating, and More (For Parents, By Parents)** Ten Speed Press A comprehensive manual for feeding babies and toddlers during the crucial first years of life, written by a team of medical experts who are also parents. All Your Questions about Feeding, Answered. The choices of when, how, and what to feed your baby can be overwhelming. With The Pediatrician's Guide to Feeding Babies and Toddlers, you have the expertise of a team of pediatric medical and nutritional experts—who also happen to be parents—in a comprehensive manual that takes the guesswork out of feeding. This first-of-its-kind guide provides practical, easy-to-follow advice to help you navigate the nutrition issues, medical conditions, and parenting concerns that accompany feeding. With recipes, parenting stories, and recommendations based on the latest pediatric guidelines, this book will allow you to approach mealtime with confidence so you can spend more time enjoying your new family. **MasterChef Junior Cookbook Bold Recipes and Essential Techniques to Inspire Young Cooks** Clarkson Potter Creativity, hard work, and lots of fun—that's what it takes to cook like a master. Beloved television competition show MasterChef Junior fosters all of this within each of its pint-size home cooks, and what they whip up is truly impressive. This book aims to give any aspiring young chef the tools he or she needs to hone essential cooking skills, with 100 recipes inspired by dishes that the contestants served in the first five seasons, as well as timeless techniques, tips, and advice. With this book, anyone can become an excellent cook. **Breastfeeding A Parent's Guide The Sh!t No One Tells You A Guide to Surviving Your Baby's First Year** Hachette UK "Dawn Dais bravely goes where other baby books don't.... She spills the truth about everything from breastfeeding to getting along with your partner post-baby." — Parents Magazine There comes a time in every new mother's life when she realizes that all the pregnancy well-wishes and baby shower gifts left her profoundly unqualified for the realities of life with a newborn. Who knew there would be so much crying—and how much of that crying would be coming from the mom? Bestselling author Dawn Dais believes that a vast conspiracy exists to hide the truth about parenting from expectant mothers for fear that if the truth got out, women would (1) stop having babies or (2) stop bringing them home. Eschewing the adorableness that oozes out of other parenting books, Dais offers real advice from real moms—along with hilarious anecdotes, tips, and the encouragement every new mom needs to survive the first year of parenthood. Revised and updated with new chapters offering advice for single moms and tips for partners, The Sh!t No One Tells You is a must-have companion for every new mother's sleepless nights and poop-filled days. **Matilda Wonderful Sticker Activity Book** Puffin No Marketing **Blurb The Bearded Gentleman The Style Guide to Shaving Face** arsenal pulp press For centuries, men have been growing and styling their facial hair, whether for the sake of vanity, religion, or cultural considerations, but most of us don't give it a second thought. The Bearded Gentleman is an authoritative yet lighthearted guide that offers detailed information on some fifty specific facial hair styles: where they come from, how to grow them, and how to maintain them. Among them are many well-known styles, such as the Handlebar, the Fu Manchu, the Goatee, the Van Dyck, and the more recent Soul Patch. But there are also those that are less familiar, including the Horseshoe, the Lampshade, the Painter's Brush, the Landing Strip, the French Fork, and El Insecto (a.k.a. the Mighty). There's also practical advice on choosing a facial hair style that's right for you, as well as insight into how facial hair has figured in the history of masculinity, including its impact on politics, class, and sexuality. The Bearded Gentleman is an entertaining, witty, and useful guide to facial hair styles and the men who wear them. Allan Peterkin's previous books include One Thousand Beards: A Cultural History of Facial Hair, featured in Time, Esquire, and The New Yorker. Nick Burns is one of the leading writers on men's grooming; he has covered skin care, fashion, and health for publications including The New York Times, GQ, Details, and Out, and he is author of the popular men's style blog HommeGrooming.com. **Eat Ting Lose Weight, Gain Health, Find Yourself Confessions of a Crummy Mummy - The Baby Years** Unashamedly oversharing the truth about the first year Confessions of a Crummy Mummy - The Baby Years by parenting blogger and accidental mum of four Natalie Brown (@confessionsofacrummymummy) is the literary equivalent of the tea and toast you're handed after giving birth: warm, reassuring and you can't help but want more! An antidote to the traditional parenting manual, the telling-it-how-it-is parenting memoir lifts the lid on a subject the hugely successful genre of telling-it-how-it-is parenting memoirs has yet to touch on: giving birth during a global pandemic. And let's just say giving birth during a global pandemic was not in the birth plan! An easy-to-digest and quick-paced list-style format offers a collection of witty and brutally honest confessions time-poor mums can dip in and out of and back into again. Starting with the birth and what really happens to your lady bits after pushing a human being out of your foo-foo, chapters are split into confessions on subjects including breastfeeding, weaning, homeschooling and washing - and what happens when you find yourself doing it all in the middle of a global pandemic. The light-hearted and entertaining confessions are peppered with heartfelt thoughts, frustrations, and home truths about the first year that every mum will relate to, making the book a perfect gift and must-read for all new (and not so new) mamas feeling like they're doing too many things and none of them well.