

## Part Time Working Mummy A Patchwork Life

The smash hit Sunday Times bestseller.

Manic cake-baking at midnight. After-school activities and young social lives that require dedicated and complex organisation. Mother-of-the-birthday-boy meltdowns. No Sex. No Nights out. No Sleep. Ever. What's wrong with this picture? That's the question Judith Warner asked herself after taking a good, hard look at the world of modern motherhood, at anxious women at work and in bed with unhappy husbands. By moving personally between the worlds of stay-at-home and working motherhood, interviewing numerous women and reading and seeing what our popular culture and politicians had to offer on the subject of motherhood in our time, Warner comes to a stark conclusion: that what is now happening in the culture of motherhood is nothing less than perfect madness. Written in a lively, accessible and often amusing tone, this is a book that all mothers will be able to relate to.

Tilly is seven and a half - and about to make history. When Tilly's dad builds a time machine in the shed there's only one place she really wants to go: back to her sixth birthday party, when she ate too many cupcakes and her mummy was still here. But then something goes wrong! Tilly's dad gets stuck in the past and only she can save him . . . Will they make it back in time for tea?

The hilarious second novel, and Sunday Times No 1 Bestseller, from author of the smash hit Why Mummy Drinks.

Elle Campbell is a glossy, lycra-clad mum with washboard abs, a ten-year plan and a secret past. Abi Black has quit sugar, moved to the country and is homeschooling her kids. Leisel Adams slogs away at her office job each day before rushing home, steeped in guilt, to spend precious moments with her kids before bedtime. All three share a label that they simultaneously relish and loathe: mummy blogger. And when they are nominated for an award with a hefty cash prize, the scene is set for a brutal and often hilarious battle for hearts, minds-and clicks. As the awards night gets closer, their lies get bigger, their stunts get crazier - and some mistakes from the past become harder and harder to hide. Happiness comes in all shapes and sizes. Jo said goodbye to peace and quiet when she got pregnant at 19, but now she has a chance to hit refresh. A partner she loves, five amazing kids and a house by the sea. But life is never simple and there is more than a little emotional baggage coming along for the ride. Starting with that tw\*t of an ex-husband who doesn't pull his weight. Then there's the untrained puppy, the work/life balance, a custody battle for the children and all the everyday ups and downs and chaos of being a patchwork family. Surrounded by family dramas and mums who seem to have all their sh\*t together, Jo must find a way to make friends and make it work in this new town. Barbecues on the beach and dog walks open up new conversations, but as Jo gets to know everyone better, the picture perfect families might be in need of more help than she first thought... When normal is not an option, surprises can lead to a different kind of happy family.

A new voice in comics is incisive, funny, and fiercely feminist. "The mental load. It's incessant, gnawing, exhausting, and disproportionately falls to women. You know the scene--you're making dinner, calling the plumber/doctor/mechanic, checking homework and answering work emails--at the same time. All the while, you are being peppered with questions by your nearest and dearest 'where are my shoes?', 'do we have any cheese?...' " --Australian Broadcasting Corp on Emma's comic In her first book of comic strips, Emma reflects on social and feminist issues by means of simple line drawings, dissecting the mental load, ie all that invisible and unpaid organizing, list-making and planning women do to manage their lives, and the lives of their family members. Most of us carry some form of mental load--about our work, household responsibilities, financial obligations and personal life; but what makes up that burden and how it's distributed within households and understood in offices is not always equal or fair. In her strips Emma deals with themes ranging from maternity leave (it is not a vacation!), domestic violence, the clitoris, the violence of the medical world on women during childbirth, and other feminist issues, and she does so in a straightforward way that is both hilarious and deadly serious.. If you're not laughing, you're probably crying in recognition. Emma's comics also address the everyday outrages and absurdities of immigrant rights, income equality, and police violence. Emma has over 300,000 followers on Facebook, her comics have been shared 215,000 times, and have elicited comments from 21,000 internet users. An article about her in the French magazine L'Express drew 1.8 million views--a record since the site was created. And her comic has just been picked up by The Guardian. Many women will recognize themselves in THE MENTAL LOAD, which is sure to stir a wide ranging, important debate on what it really means to be a woman today.

Words are powerful! The words spoken into children's lives are so important. This book of affirmation helps to reinforce a positive self image and thoughts about self, through positive words and pictures. Key Features: 78 Words of Affirmation from A-Z Helps to promote confidence and self love through visual representation. Helps to expand the vocabulary, with a Glossary at the back. The perfect gift or positive addition to any little girls book collection.

A heartbreaking true story of a broken family and the foster carer who wants to keep them together...

THE SUNDAY TIMES BESTSELLER 'With conversations on Maternal Mental Health on the rise, and more women speaking up about the way they feel, Anna Mathur's insight as a psychotherapist AND mother make her someone you feel you can trust. She offers little nuggets of gold while reminding us to point some of our kindness and love inwards.' Giovanna Fletcher, bestselling author of Happy Mum, Happy Baby 'Anna is breath of fresh air - relatable, funny and wise' Sarah Turner, bestselling author of The Unmumsy Mum Baby-proof the house; panic-proof the mum. Do you overthink what you said to the mum in the supermarket queue? Is your internal dialogue more critical than kind? Perhaps you

wake to check your baby is breathing, or the sight of a rash sends you down an internet search rabbit hole. Whatever your level of anxiety, however much it impacts your life, this book is for you. Anxiety is making motherhood a less pleasant, more fraught and pressured experience, and we do not have to accept joy-sapping worry and energy-draining overthinking as part of the motherhood job description. In *Mind Over Mother*, Anna Mathur, psychotherapist and mum of three, explains how to: \* Understand anxiety, why it affects you and what to do about it \* Make your mind a kinder, calmer, happier place to be \* Transform your motherhood experience by addressing your thinking The most powerful tool Anna has to communicate this isn't the letters after her name, it is the fact that she is open about her own experience of maternal anxiety. By sharing her journey, she gives you the confidence to reframe yours. *Mind Over Mother* is full of light bulb moments of realisation. It will have you learning, laughing and loving yourself through the journey of motherhood. You will learn to address the most important conversation you'll ever have - the one inside your head, because investing in your mental health is the best gift you can offer yourself and your child.

Mummy time is magic time in this unexpected and enchanting new tale from the one and only Judith Kerr, creator of *The Tiger Who Came to Tea* and *Mog the Forgetful Cat*. Discover the true story of the real Sophie Hinchliffe for the very first time in her extraordinarily candid memoir *THE SUNDAY TIMES NO. 1 BESTSELLER 'Gut-wrenchingly honest'* Mail on Sunday \_\_\_\_\_ Well guys, here we are! What an absolute whirlwind of a journey this has been so far. So much has happened in the last couple of life-changing years and I'm so excited to share it with you all: my Hinchers. You have been right by my side for every step of the way and I honestly couldn't have done it without the amazing love and support from this incredible family we've built together. It's often felt like a fairy tale but it hasn't always been easy, and I'm going to let you in on the highs and the lows as well as my biggest fears and my darkest challenges. Because this book right here, is me. This is me: Soph - the wife, the mother and the person behind Mrs Hinch. So let's do this! Put your Hinch Lists to one side, get comfy and join me on the sofa with a cuppa. Welcome to my world. This is my story. \_\_\_\_\_ 'The sensation' Sun 'We're mad about Mrs Hinch' Vogue 'My new cleaning goddess' Daily Telegraph 'Doing for household chores what Marie Kondo did for tidying' Daily Mirror 'Mrs Hinch offers a reassuring structure for the day, a vision of domestic order' Guardian

Family begins with a capital eff.

You can still work and be a great parent! Most modern parents work. And we have limited time, limited energy, limited patience and too much to do. We are seldom at our best at the end of a long working day when the parenting shift kicks in. We want to do the right thing but, in the thick of it, with no time to think and no energy to spare, it's easy to miss the small changes that could make a big difference to our child's (and our own) well-being. *The Work/Parent Switch* is essential reading for every working parent. Written by an expert in child development and psychology who has worked with thousands of stressed out working parents, it will walk you through an approach to parenting that will transform family life and can be fitted into modern working patterns. Covering all the key challenges such getting everyone out of the house on time in the morning, managing difficult behaviour when you're tired at the end of the day, controlling tech time and avoiding Sunday night homework battles, *The Parent/Work Switch* will help you to stop feeling guilty about being at work and give you the tools to create the family life you want to come home to.

A lot of people wonder how Chinese parents raise such stereotypically successful kids. They wonder what Chinese parents do to produce so many math whizzes and music prodigies, what it's like inside the family, and whether they could do it too. Well, I can tell them, because I've done it... Amy Chua's daughters, Sophia and Louisa (Lulu) were polite, interesting and helpful, they had perfect school marks and exceptional musical abilities. The Chinese-parenting model certainly seemed to produce results. But what happens when you do not tolerate disobedience and are confronted by a screaming child who would sooner freeze outside in the cold than be forced to play the piano? *Battle Hymn of the Tiger Mother* is a story about a mother, two daughters, and two dogs. It was supposed to be a story of how Chinese parents are better at raising kids than Western ones. But instead, it's about a bitter clash of cultures, a fleeting taste of glory, and how you can be humbled by a thirteen-year-old. Witty, entertaining and provocative, this is a unique and important book that will transform your perspective of parenting forever.

Do you find yourself constantly getting burnt out and overwhelmed with combining your motherhood, work and life responsibilities? Are you struggling to keep up with being a modern mum or battling to keep your job or home under control? Do you feel alone, isolated, or unable to devote time to nurture yourself and your personal development? *Not Just a Mum* is a practical guide for multi-passionate mothers who need useful tips and advice on how to successfully juggle work, hobbies, and other interests with having children. Being a mum does not mean you have to stop being you. After reading this book, you should be able to: Assess your purpose in life and what makes you want to get out of bed in the morning. Learn how to make a smooth transition from working girl to working mum Uncover how to stand out at work, boost productivity, and be your authentic self Learn how to prioritise your tasks and to-do lists effectively and improve time management using proven prioritisation techniques adapted from software engineering. Stop feeling overwhelmed with your responsibilities and start spending your time on the things you truly love Discover how to build an effective support system to help achieve your goals and set yourself up for success Recognise how to nurture yourself and replenish the passionate woman within so you can nurture others productively. Equip yourself with affirmations to enable you to persevere through difficult motherhood seasons.

The Top 10 Sunday Times Bestseller 'Hilarious, honest, heartwarming, like a hug from a friend, just perfect. I couldn't love this "mumoir" more' Mrs Hinch 'An honest account of becoming a woman and mother... an engaging read' Giovanna Fletcher MumLife; noun: the inescapable swirling vortex of love, guilt, joy, annoyance, laughter and boredom that

makes up the life of a mum. Louise Pentland has been through a lot. From a traumatic birth with her first daughter, to single motherhood, to finding love again and having a second child, Louise's parenting journey has been full of surprises. Discussing the realities most working mums face, plus the impact of maternal mental health, Louise is on a mission to make other mums feel less alone, and very much heard. She beautifully reveals her own imperfect but perfect route to motherhood, as well as the loss of her mum so early in her life, how it shaped her and the mother she became. Reflective, uplifting and with her signature hilarious wit, MumLife will share Louise's ups and downs, reflecting on her route to motherhood and what she has learnt along the way. This is the honest truth, from someone who's been there and experienced it all. \*\*\*\*\* For each book sold Bonnier Books UK shall donate 1% of net receipts and Louise Pentland shall donate 100% of her royalties to the NSPCC.

“It’s like you’re the mum” Marigold wept. It was another game she sometimes liked to play. I decided it was my best chance of getting us home.’ \*\*\*\*\* Dolphin adores Marigold, her beautiful, vibrant mother. She’s not like the other mums. She has vivid tattoos all over her body, bright hair and wonderful clothes. But Dolphin’s sister, Star, feels differently. Marigold may look amazing, but living with her fiery, unpredictable moods can be hard. As much as the girls love Marigold, is she the right person to be looking after them? \*\*\*\*\* Jacqueline Wilson’s classic children’s story is an optimistic, heart breaking tale about family, mental health and strong sisterly love. For fans of Tracy Beaker, The Bed and Breakfast Star and Double Act, this is a must have book for every young reader.

A fantastic collection of funny, moving and outrageous confessions from people from all walks of life, chosen and introduced by popular digital creator and bestselling author Tova Leigh. "I was living with a nasty boyfriend who complained I didn't put enough pepper in his egg sandwich. So I dried out some hamster poop and chopped it into tiny pieces. He said it was delicious. Revenge is sweet! Have you ever wondered what other people get up to when they think no one's looking? Do you have a mortifying secret of your own you've never dared share? Whatever scandalous incidents lie hidden in your past, don't worry: this wonderful collection of funny, sexy, hair-raising and heart-warming confessions will reassure you that you're by no means alone. These confessions have all been curated by bestselling author and digital creator Tova Leigh, who explains just why we should stop being ashamed of our secrets, and instead have the courage to make ourselves vulnerable, speak out and connect. In this ultimate page-turner, there are parenting confessions, sex confessions, workplace confessions, revenge confessions ... not forgetting the all-important bodily fluids confessions! You need never feel embarrassed by your own slip-ups and misdemeanours again. "So I was married for nine years and after the divorce, when I was ready to sleep with other men, I signed up on Tinder. After few dates I was thinking ... why do I give it for free, when men will pay for it? So I became a escort! I did it for about five months and I must say I had the best time ever ... made a lot of money and met some really nice interesting people."

130+ recipes all suitable from 6 months old Wean your baby and feed your family at the same time by cooking just one meal in under 30 minutes that everyone will enjoy! Say goodbye to cooking multiple meals every day and the faff of making special little spoonfuls for your baby, plainer dishes for fussy older siblings, and something different again for the grown-ups. With this ingenious new way to introduce solid food to your baby, you'll cook a single meal and eat it together as a family where baby will learn how to eat from watching you. Each recipe is quick to prepare and easy to adapt for different ages and dietary requirements. So forget 'baby food' and make light work of weaning with What Mummy Makes!

'My sleep angels!' Izzy Judd 'These women are a lifeline to shattered parents everywhere' Rachaele Hambleton, Part Time Working Mummy Calm & Bright Sleep Support was founded in 2009 with a mission; to help exhausted parents enable solid sleep in a brand-new way. Headed up by Devon sisters Eve, founder and Mum-of-four & paediatric nurse of 18 years Gem, they have supported thousands of families around the world to get the sleep they need. Now it's your turn! In their ground-breaking book Love to Sleep: Good Nights and Happy Days for Your Child and You, Eve and Gem reveal the pivotal role of the parent in their child's sleep. Using their unique, love-led approach, they encourage parents to cast aside restrictive beliefs and behaviours that contribute directly to broken sleep cycles. They gently explore the impact of sleep deprivation on both parent and child and the startling physical and mental repercussions when lack of sleep continues unchallenged. This liberating, judgement-free book will be a must-read for every tired parent who wants to live a present and connected family life.

SUNDAY TIMES BESTSELLER 'I just howled. Bloomin' love you' Giovanna Fletcher 'You're hilarious. Thank you for making me laugh every day' Mrs Hinch When does Mary Effing Poppins arrive? Laura Belbin survived hitting her thirties (oh, to be wrinkle-free again), anxiety (just), motherhood (two adorable little shits) and the new body that went with it (a left tit that sags slightly more than the right, anyone?). In Knee Deep in Life she gives a fearless and filthy account of her transformation from no-responsibilities woman to being in demand 24/7, the heartaches and humiliations, and most importantly, her (definitely-pushed-to-the-limits-but-totally-indestructible) marriage to Steve, the man who helped her to hold it together when post-natal depression kicked in. Full of heart and wit - not to mention swearing that would make a sailor blush - this is the beast of a book Laura intends on riding into the hands of those people who doubt themselves every single day: the ones who have struggled to accept the way they look; the mums-to-be about to find themselves taking their first step towards parenthood; and the women bossing it like badasses every single day but never getting the credit they deserve. You are more than enough.

Want to know what it's really like to be a single mum? Perfect for fans of Part-Time Working Mummy and Why Mummy Drinks, this will inspire you to own your single status and make you realise that you're not alone. 'A joyful and moving first person account of solo parenthood and confronting societal expectations of "family" after falling pregnant age 24. Bravo Amy!' Pandora Sykes 'This goes off like a rocket and never lets up . . . this is like going out with your best mate for a coffee and them telling you their whole experience' Penny Smith 'Amy's frank and down-to-earth story is inspiring and honest' The Sun When Amy Nickell left university, she managed to nab herself a real life paid job as a celebrity reporter in London town. She literally got paid to ask Robert Downey Junior out for Nando's, while living with her gay best friend, their Harry Styles cardboard cutout and their pet toad, Snoop Frog. Things were good, they were fun and they definitely weren't serious. That life took a very grown up, very serious detour when Amy found herself unexpectedly pregnant. Pregnant and without a boyfriend. And so her life went in an altogether new direction... From plus one dating to lactating way too near to Simon Cowell, this is Amy's wonderfully frank, honest and hilarious story of a family that is anything but nuclear. So whether you've just arrived, are on the way or have been here a while, this is for anyone who's found themselves scratching their head and wondering: 'How the hell did I end up here?' What

readers are saying about Confessions of a Single Mum: 'You don't have to be a single mum or female to love this book! Amy is an absolute hero and role model to everyone. Unbelievably funny and inspirational' 'Hilarious and heartwarming'

The PERFECT GIFT for Mum would be to let her take the day off while you do everything for her. Why not get her this book instead? ----- This is mum. A mum has two very important jobs to do. One is to look after her children. The other is to do everything else as well. ----- Now Lyndsay's little boy is at nursery, she is looking for a job. At this interview, the lady asks Lyndsay all sorts of questions, which Lyndsay has trouble answering because she has the Octonauts theme going round her head. Lyndsay hopes she is not singing out loud. -----

This delightful book is the latest in the series of Ladybird books which have been specially planned to help grown-ups with the world about them. The large clear script, the careful choice of words, the frequent repetition and the thoughtful matching of text with pictures all enable grown-ups to think they have taught themselves to cope. Featuring original Ladybird artwork alongside brilliantly funny, brand new text. 'Hilarious' Stylist

Part-Time Working Mummy A Patchwork Life Hachette UK

As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values. As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book. Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschiweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby. The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words.

She's back! The Unmumsy Mum has put pen to paper (or fingers to the keyboard!) once more to bring you the next instalment of her life as mum to two young boys, documenting motherhood exactly as she finds it. Her words have made mums, dads and grandparents everywhere laugh and cry in equal measure. In *The Unmumsy Mum Diary* Sarah shares with us a year in her life as a mum, wife, blogger and bestselling author. With her trademark candour and wit, she documents the good days and the bad days, the giggles and the tantrums. She'll also share poignant, life-changing moments from her year, such as her older son heading off through the school gates for the first time. *The Unmumsy Mum Diary* is as honest as it is hilarious and a peek into Sarah's innermost thoughts will leave you in no doubt that, on those days when you feel you are not quite cut out for the job, you are most definitely not alone.

\*\*\* THE #1 KINDLE BESTSELLER \*\*\* \*\*\* A NETGALLEY BOOK OF THE MONTH \*\*\* 'Dark, heartbreaking and totally absorbing' - LORRAINE KELLY 'Brilliantly written and emotionally compulsive' - HARRIET TYCE 'A powerful and thought-provoking page turner' - KATERINA DIAMOND \_\_\_\_\_ CALL ME MUMMY. IT'LL BE BETTER IF YOU DO. Glamorous, beautiful Mummy has everything a woman could want. Except for a daughter of her very own. So when she sees Kim - heavily pregnant, glued to her phone and ignoring her eldest child in a busy shop - she does what anyone would do. She takes her. But foul-mouthed little Tonya is not the daughter that Mummy was hoping for. As Tonya fiercely resists Mummy's attempts to make her into the perfect child, Kim is demonised by the media as a 'scummy mummy', who deserves to have her other children taken too. Haunted by memories of her own childhood and refusing to play by the media's rules, Kim begins to spiral, turning on those who love her. Though they are worlds apart, Mummy and Kim have more in common than they could possibly imagine. But it is five-year-old Tonya who is caught in the middle... \_\_\_\_\_ 'Disturbing and distinctive, this is a book I couldn't put down' - AMANDA JENNINGS 'Tense and gripping, these characters will stay with me' - ALICE CLARK-PLATTS 'Psychologically twisty and utterly gripping' - LISA HALL

Sunday Times Number One Bestseller *Happy Mum Happy Baby* is now a Number One podcast. A positive and uplifting book about what it is to be a mother and all things mum and baby by Celebrity Mum of the Year and phenomenally popular vlogger, author, TV presenter and actress Giovanna Fletcher. Being a mum is an incredible journey, a remarkable experience that changes how we look, how we feel, who we are. As mothers we are strong, protective, proud. We feel a love like no other. But being a parent can be hard too. It challenges us physically, mentally, emotionally. There are the days where just managing to fit a shower in amidst the endless feeding, entertaining young children and surviving on a lack of sleep feels like an achievement. With so many people ready to offer 'advice' on the best way to parent, it can feel like you are getting it all wrong. Since Giovanna and her husband Tom Fletcher have had their sons Buzz and Buddy, they have been sharing glimpses of their family life. With an infectious positive outlook and happy take on all things mum-related, Giovanna has developed a following of fellow parents and mums-to-be. This is not a book about how to have the perfect family experience - Gi would be the first to admit she is winging it just as much as the rest of us - instead it is an honest, upbeat and incredibly personal account of her own experience of having a family. In *Happy Mum, Happy Baby* Giovanna shares her own journey through parenthood and in doing so, she looks at what it is to be a mother today, encourages you to be confident in yourself as a parent and celebrates how putting a focus on being a happy and confident mum can really make for a happy baby.

Why do: · Dutch babies seem so content, and sleep so well? · Dutch parents let their kids play outside on their own? · The Dutch trust their children to bike to school? · Dutch schools not set homework for the under-tens? · Dutch teenagers not rebel? · What is the secret of bringing up the happiest kids in the world? In a recent UNICEF study of child well-being, Dutch children came out on top as the happiest all-round. Rina Mae Acosta and Michele Hutchison, both married to Dutchmen and bringing up their kids in Holland, examine the unique environment that

enables the Dutch to turn out such contented, well-adjusted and healthy babies, children and teens. Read this book if you want to find out what lessons you can learn from Dutch parents, to ensure your kids turn out happy!

A young mother gets more than she bargained for when her blog about glamorous west-London 'Alpha Mums' goes viral.

What is the coronavirus, and why is everyone talking about it? Engagingly illustrated by Axel Scheffler, this approachable and timely book helps answer these questions and many more, providing children aged 5-10 and their parents with clear and accessible explanations about the coronavirus and its effects - both from a health perspective and the impact it has on a family's day-to-day life. With input from expert consultant Professor Graham Medley of the London School of Hygiene & Tropical Medicine, as well as advice from teachers and child psychologists, this is a practical and informative resource to help explain the changes we are currently all experiencing. The book is free to read and download, but Nosy Crow would like to encourage readers, should they feel in a position to, to make a donation to: <https://www.nhscharitiestogether.co.uk/>

Daisy Upton has two little kids. She loves them - but they drive her mad. So, to try and keep her sanity she started to come up with quick, easy games using stuff from around the house. And @FiveMinuteMum was born. In her first book, she has collected 150+ games that take 5 minutes to set up & 5 minutes to tidy up. From pasta posting to alphabet knock down, it's a recipe book for guilt free parenting! And as Daisy was a teaching assistant, your little ones will be learning while they play! What could be better? GIVE ME FIVE is the perfect companion for anyone who wants five minutes peace. "I love Five Minute Mum. She's managed to come up with a huge array of activities for kids that are fun and educational yet don't require an Art degree or Diploma in Patience to execute." Sarah Turner, aka Unmummys Mum

Family life is pretty chaotic at the best of times and as any busy mum knows it can be an uphill battle to get out of the house in the morning let alone meet the demands of work deadlines. In her witty easy to read style, Tanith Carey encourages mums to banish the dream of becoming the ultimate supermum and brings them innovative, new ways to make life at home less chaotic and avoid meltdowns. With tried-and-tested advice for fellow working mums who feel like they are on the stopwatch from the moment they wake up, the book is a hands-on guide to fitting it all in, finding a routine and stressing less about the small stuff. Find out how to: Head off mess before it happens and choose toys which won't leave your home looking like a bomb-site Throw together a nutritious school lunchbox – in just ONE minute Get your children to do what you ask the FIRST time, not the twentieth Dress your kids in less time and get out of the house quicker Get your life back and yes, spend time with your partner

When Liv Thorne was in her twenties, and single, she would joke to friends that if Mr Right didn't come along she'd have to take matters into her own hands and have a child on her own. When she was still single in her thirties, it stopped being a joke and she started researching sperm banks and fertility clinics. Liv's Alone is an honest and hopeful memoir that captures the joy and the challenge that is parenting alone by choice. From dismantling the fairy tale story that we're fed from a young age and grieving the life you thought you were going to have, to buying sperm from Denmark and bringing a baby into the world. Guiding readers through the highs and lows with warmth, humour and understanding, Liv wants her book to be a little beacon of optimism for women who are in the same position she was in; late 30s, single and longing for a baby. This is Liv & Herb's story, but hopefully a version of it will be yours.

No.1 bestselling author Gill Sims is back with her eagerly awaited fourth and final Why Mummy novel.

The perfect antidote to a chaotic world, More Than Just Mum will have you crying with laughter

This book is not a how-to-guide. It won't tell you how to get your baby to sleep, how to deal with toddler tantrums, how to be a good parent, a cool parent or even a renegade parent. It is a book about parenting that contains absolutely no useful advice whatsoever. Instead it shares beautifully honest anecdotes and illustrations from the parenting frontline that demonstrate it is perfectly possible to love your children with the whole of your heart whilst finding them incredibly irritating at the same time. From pregnancy to starting school, Hurrah For Gin takes you through the exciting, frustrating, infuriating and wonderful whirlwind of parenthood, offering solidarity and a friendly hug after a tough day. Best served with gin.

THE SUNDAY TIMES BESTSELLER Want to know the truth about what life is like as a mum and step-mum with a chaotic patchwork family? This book is everything I've been through that's made me who I am, plus the lessons I've learned from many mistakes. I hope that it will make you laugh as well as give you strength to keep going when times get tough. After all, we are all in this together... Rachaele, aka Part-Time Working Mummy Hundreds of thousands of fans flock to the PTWM page online and now, in this book, Rachaele shares her behind-the-scenes experiences with single parenthood, unexpected pregnancy, domestic violence, relationships, bullying and much more - spreading kindness amidst the craziness along the way! \*\*\*\*\* Readers are raving about this book \*\*\*\*\* 'What can I say...amazing! The book is humbling, it's heart wrenching, it's funny and it's real life! The world needs more Rachaeles.' 'Thanks to Rachaele and this amazing book, I all of a sudden don't feel so bad about my parenting skills. A brave insight on Rachaele's life and how patchwork families can be amazing if you fill your home with love. A must have on your book shelf!' 'The most heart wrenching real book I've ever read, full of sadness, amazement and utter brilliance. Never has a book made me have a lump in my throat and burst into tears then have me in fits of laughter a few pages later... So real and so relatable.' 'I don't normally do reviews or books even but wow I couldn't put it down! Read it in one. A must read!' 'Straight-from-the-heart read - every mum needs to read this.'

It's not easy for Minna being the only sensible one in her family, even though she is used to her mum's weird clothes and behavior, but her whole, unusual family does come through for her when she needs them most.

From nationally bestselling author, YouTube star, and Facebook Video sensation Laura Clery comes a collection of comedic essays that paint “an honest, complicated portrait of how your life can change” (SheKnows). Laura Clery makes a living by sharing inappropriate comedy sketches with millions of strangers on the internet. She writes songs about

her anatomy, talks trash about her one-eyed rescue pug, and sexually harasses her husband, Stephen. And it pays the bills! Now, in her first-ever book, Laura recounts how she went from being a dangerously impulsive, broke, unemployable, suicidal, cocaine-addicted narcissist, crippled by fear and hopping from one toxic romance to the next...to a more-happy-than-not, somewhat rational, meditating, vegan yogi with good credit, a great marriage, a fantastic career, and four unfortunate-looking rescue animals. Still, above all, Laura remains an amazingly talented, adorable, and vulnerable, self-described...Idiot. With her signature brand of offbeat, no-holds-barred humor, Idiot introduces you to a wildly original—and undeniably relatable—new voice.

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