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Mums Notebook

The New Mums Notebook

A rhyming illustrated
humor book for moms who
feel they're not doing a
good job (and that's all

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moms, right?). Packed with scientifically true examples of terrible parents in the animal kingdom, to remind and reassure any mother that there are way worse moms

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Mums Notebook

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Track Your Past, Order
Your Present, Plan Your
Future

My Mums Notebooks

***'NEW MUM, YOU'RE DOING

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BRILLIANTLY'*** Reassuring, funny and down-to-earth, THE NEW MUM'S NOTEBOOK is everything you need for the first year of life with a baby. 'It is hands down THE best book I was given as a new mum. I feel it should be issued to all mums on leaving hospital.' (Louise, Amazon review)

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_____ What do new mums want most of all (apart from sleep)? They want someone to tell them what they're feeling is 'normal'. That they're doing ok. That they will be ok. The New Mum's Notebook, written by Amy Ransom - mum of three and creator of the

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Surviving Motherhood blog - does all this and more. From night feeds, napping and weaning, to which films to cue up on Netflix, finding some headspace and getting all the support, coffee and cake you need, Amy has been there - and this is the book she wishes she'd had by her side. Divided

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into the first 12 months of motherhood, with 304 pages of reassurance, love and humour, as well as spaces to scribble thoughts, feelings and memories from those crazy early days, The New Mum's Notebook will nurture a new mum in however she chooses to raise her baby. Whether it's her first

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or her fifth. Word on the street is it's almost worth having another baby for... 'You've created the book that we all wish we'd had.' - Clemmie, mum of two 'My go-to present for my new mummy friends' - Kate, mum of two 'I've had loads of baby record books and never ever filled one in. This book

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feels so different. I love it.' - Annabel, mum of five * Perfect for expectant mothers and new mums * Gorgeous colour pages including lots of reassurance, self-care advice, journal pages, affirmations and simple recipes * Divided into 12 months to take you through every stage of a new mum

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and baby's first year * Eight journal pages per month with space to write notes, thoughts, memories and all those 'to-dos' * 12 months of milestone charts for mum and baby

This mothers day notebook is perfect for a gift on mothers day it can be used for lists or general notes

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'This is a fab book. Really recommend it!' Mrs Hinch Read this book for an instant pick-me-up. Whether this is your first or fifth baby, The Little Book of Self-Care for New Mums is your handy survival guide to managing the emotional and physical rollercoaster of becoming a new mum. Bringing

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together decades of experience from a midwife and a doula, you'll find invaluable tips and tricks to boost confidence and calm frazzled nerves - plus answers to all those questions you may be too embarrassed to ask. From creating cooling breast pads with chamomile tea and quick stretches to

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relieve aching muscles, through to easy recipes to nourish your postnatal body and 5-minute fixes to restore your sense of humour, this is the book you can turn to when the overwhelm sets in. Beautifully illustrated in full-colour, it covers everything you need to know about the postnatal period to

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feel supported, empowered and understood.

May Your Coffee Be Stronger Than Your Toddler Notebook - A Funny Gift for New Mums, New Dads or Parents of Young Kids! Great Gift for Birthday, Christmas, Baby Shower and More...

This journal notebook is the perfect gift

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to make new mums or dads laugh about their journey. This book will be very useful to write favourite quotations, poems or personal reflections. **PRODUCT**

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Notebook For Mum

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heroes, Cass and Max-Ernest. Or about how a mysterious box of vials, the Symphony of Smells, sends them on the trail of a magician who has vanished under strange (and stinky) circumstances. And he certainly wouldn't want you

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to know about the hair-raising adventures that follow and the nefarious villains they face. You see, not only is the name of this book secret, the story inside is, too. For it concerns a secret. A Big Secret.

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A PUBLISHERS WEEKLY
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silver-bullet solutions to become
perfect parents, mothers are
burdened with mixed messages
about who they are and what

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you make for breakfast, how you view your postpartum body, or what school choice you make for your children, but a deeper look reveals that the Bible provides the framework for finding answers to your specific questions about

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modern motherhood. Emily Jensen and Laura Wifler help you understand and apply the gospel to common issues moms face so you can connect your Sunday morning faith to the Monday morning tantrum. Discover how closely the

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gospel connects with today ' s motherhood. Join Emily and Laura as they walk through the redemptive story and reveal how the gospel applies to your everyday life, bringing hope, freedom, and joy in every area of motherhood.

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on mothers day and make her smile.

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inspire and encourage you - and make you see that YOU'RE A GREAT MUM, JUST AS YOU ARE.

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Notebook will take you beyond the first year of life with your child up until the moment

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they're ready to start school, giving you a place to celebrate all of your victories, no matter how small. It will prompt you to think about yourself whilst caring for others and help you to remember, in years to come,

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how you felt and just how brilliant your toddler or preschooler was. With pages and pages of reassurance, self-care and space to write down all your thoughts and memories, The Not-So-New Mum?s

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Notebook will make you feel good about yourself - and about how you're already raising your child. MOTHERHOOD. THE JOURNEY IS YOUR OWN.

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*with a pre-school child aged 1-5 years old- start on page 1 any day and any year, whatever their age. * Beautifully designed pages of reassurance, self-care advice, journal space, affirmations and simple recipes**

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Takes you through every stage of the pre-school years (and what you, as a mum, will need!)

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Mum's Notebook

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*My Mums Mothers Day
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A notebook for that special mother in your life, perfect for mothers day. 140

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lined pages Show your mum how special she is.

Reframe the narrative that a breakup is the end of something - and instead, view it as the start of your journey to self-realization. The end of a relationship doesn't have to mean

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for you if you're in a place of limbo on the brink of separation, you've just separated, you're divorced and struggling to move forwards, or you're experiencing your first heartbreak after losing the love of your life. It will walk you through the eight stages that are

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present in separation - Assertiveness, Motivation, Insight, Self-Expression, Uniqueness, Independence, Awakening and New Beginnings. Separation, in its many forms, is a heady mix of conflicting emotions, often hitting all at once - but everyone can learn to fly

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and one day your soul will soar higher than it ever has before.

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Journal Method will undoubtedly transform your life, in more ways than you can imagine' Hal Elrod, author of The Miracle Morning In his long-awaited first book,

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everything to get organised - countless apps, systems, planners, you name it. Nothing really worked. Then he invented his own simple system that required only

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steps, users map out an approachable path towards continual improvement, allowing them to stay focused despite the crush of incoming demands. But

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this is much more than a time management book. It's also a manifesto for what Ryder calls "intentional living": making sure that your beliefs and actions align.

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My Mum Is Better Than Yours!

**There Are Moms Way Worse
Than You**

**111 Learnings to Heal Your Heart
and Help You Fly**

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My Mothers Day Notebooks

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'Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important

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and complicated questions' Emma Bunton, co-founder of Kit and Kin Whether you are planning for a baby, just found out you are pregnant or well into your third trimester, this book will help you to feel confident, informed and inspired about your exciting journey ahead. Through

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years of work with families, Senior Midwife Marie Louise reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. As well as this, Marie Louise is renowned for bringing complex science to life. You'll

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How your nervous system is synced with your baby and why baby already knows a lot about you when they are born - The unique process your baby goes through to pass through the

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While some people look back on school as the 'best days of your life', for others the experience can be unpleasant and gruelling. Learning without School is a practical handbook for parents who want to

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you need to do and how to help your child adjust; and how home education affects children's social skills and friendships. It also covers technical aspects, such as the curriculum, core subjects, exams and timetables. Ross Mountney also considers children with 'learning difficulties' or 'special

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needs' and how to approach home education differently for this group of children. Each chapter contains a summary of key points, useful websites, hints and tips and real-life case studies. This practical guide offers indispensable support for parents who are considering home

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education for their child, and includes a broad philosophy of education that will interest all parents and professionals involved in education and child welfare.

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Mummy Baby Brain Notepad - To-Do
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A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated

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relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a

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star, and Jennette would do anything to make her mother happy. So she went along with what Mom called “calorie restriction,” eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom

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chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In I'm Glad My Mom Died,

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Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called iCarly, she is thrust into fame. Though Mom is ecstatic, emailing fan

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club moderators and getting on a first-name basis with the paparazzi (“Hi Gale!”), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy

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relationships. These issues only get worse when, soon after taking the lead in the iCarly spinoff Sam & Cat alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette

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embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, I'm Glad My Mom Died is an inspiring story of resilience, independence, and the joy of

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you there are just not enough hours in the day. By the time she has fed, clothed, and bathed the children, read Curious George for the 100th time, cut the crusts off the PB&J sandwiches, and removed the ground-in dirt from

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the play clothes, she does not have time to create a detailed scrapbook of each of her children's lives. It's no wonder that so many elaborate baby books remain incomplete, their pristine pages adding to the guilt and

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parenting wisdom such as, "The best thing you can give children next to good habits are good memories." Instructions for fun activities moms can do with their children, such as make edible finger paint from instant pudding,

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everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching,

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business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to

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