



# How to Have a Baby and Not Lose Your Shit

*Kirsty Smith*

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## **How to Have a Baby and Not Lose Your Shit** Kirsty Smith

So you're having a baby! Congratulations! Have you started panicking yet?

How to Have a Baby and Not Lose your Shit is for women who want to start a family but are not sure quite how 'into' babies they are. Women who have no intention of ever making their own Play-Doh (yes, that's a thing). Women who think that babies are a teeny, weeny bit boring.

Appealing to new and expectant mums (as well as existing mothers who will identify with many of the experiences!) this is not a book about surviving parenting: having a baby is not an ordeal it's a brilliant life-affirming experience. This book is about enjoying parenting but acknowledging its challenges, about how you can love your children to the moon and back but still not like having fingers that smell of poo.

If you want to know how looking after a toddler is basically just like that time your mate got dumped and went on a six-month bender, or why holding a baby at a wedding and immediately wanting to swap it for a glass of champagne doesn't mean you're not ready for motherhood (it just means there is champagne) - this is the book for you. It answers the real questions modern women have about parenting. Can I wipe bottoms and still kick-ass? What if all the other mums are really, really boring? Is it okay to Google the answers to everything?

Written by a mum of two who thinks her children are wonderful but wishes they could be wonderful in a quieter, tidier, less annoying way, this book is a funny, insightful, and honest account of being at home with babies and small children and all the wondrous things that entails: like carrying a pot of dead bees in your handbag and trying to source ice cubes that aren't 'too cold'.

It won't make your baby sleep through the night, or cure colic, but it will make you laugh when you've been up all night... which is the next best thing.

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