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Opening Extract from...

The Quick Guide to Parenting

Written by Laura Quick

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Top 10 Unrealistic Mother Promises

NOTE POINTS UNDERLINED IN RED ARE ESPECIALLY HARD

- To be a perfect mother.
- To be in control. ~~RATIONAL~~
- To always listen. Even when they are talking shit.
- To be a cool Mum. With nail varnish.
- Not to shout in the street.
- To teach them to LOVE LOVE LOVE healthy food.
- Not to shout at them for being twats.
- To always have a shower before you smell.
- To lose weight simply by doing squats while picking up toys.
- Not to get annoyed with your partner.

White Lies

"Just popped to the pub for a quick one though, babe."



A situation arose regarding matching socks



The inside of my brain today



The inside of my brain
yesterday



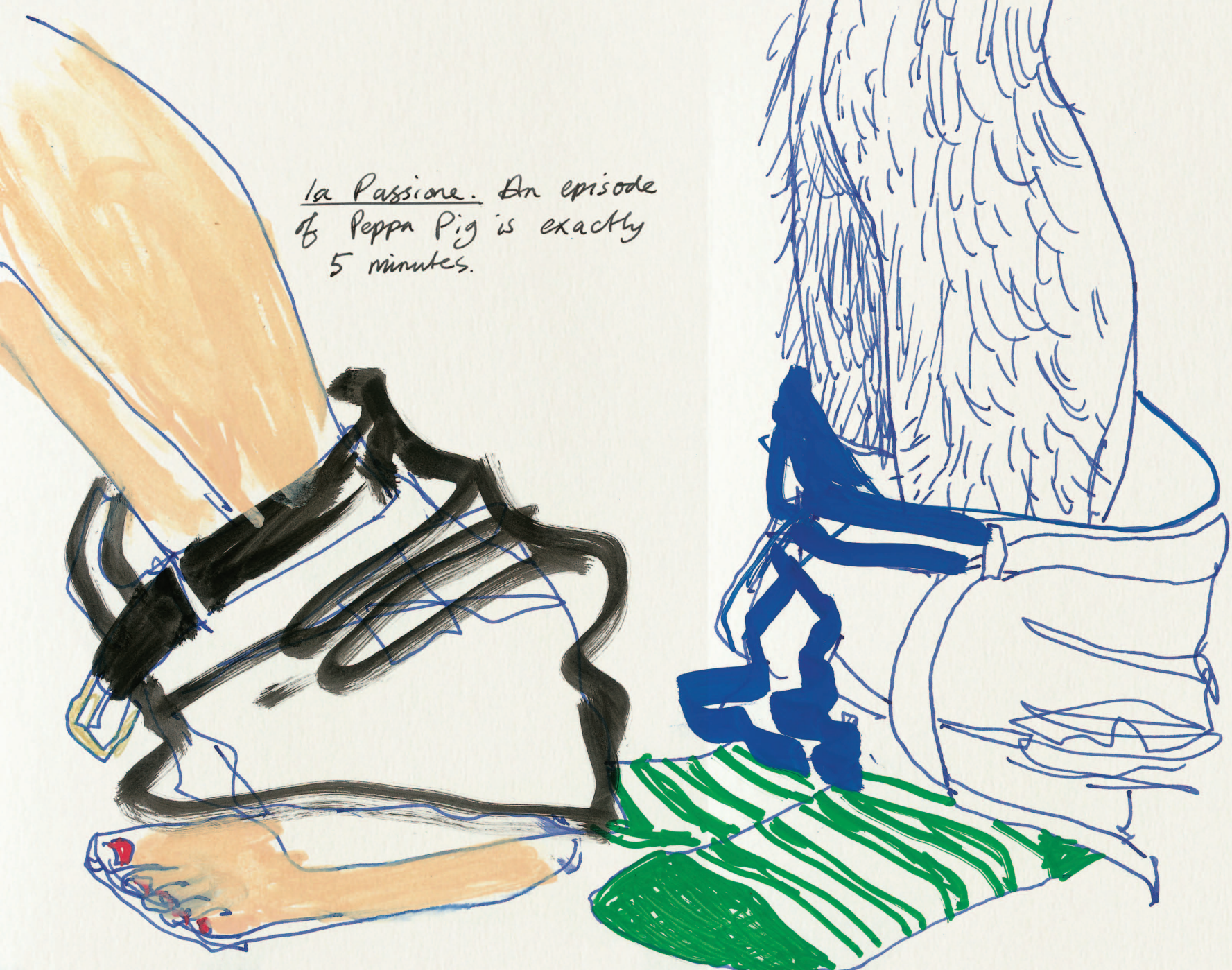
the Baby needs her nappy changed.



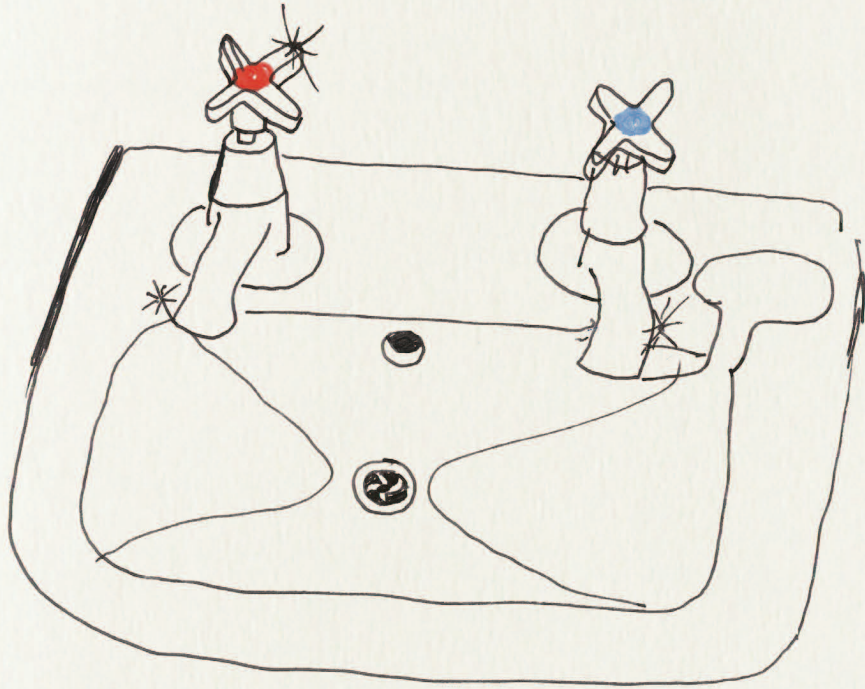
Mustins



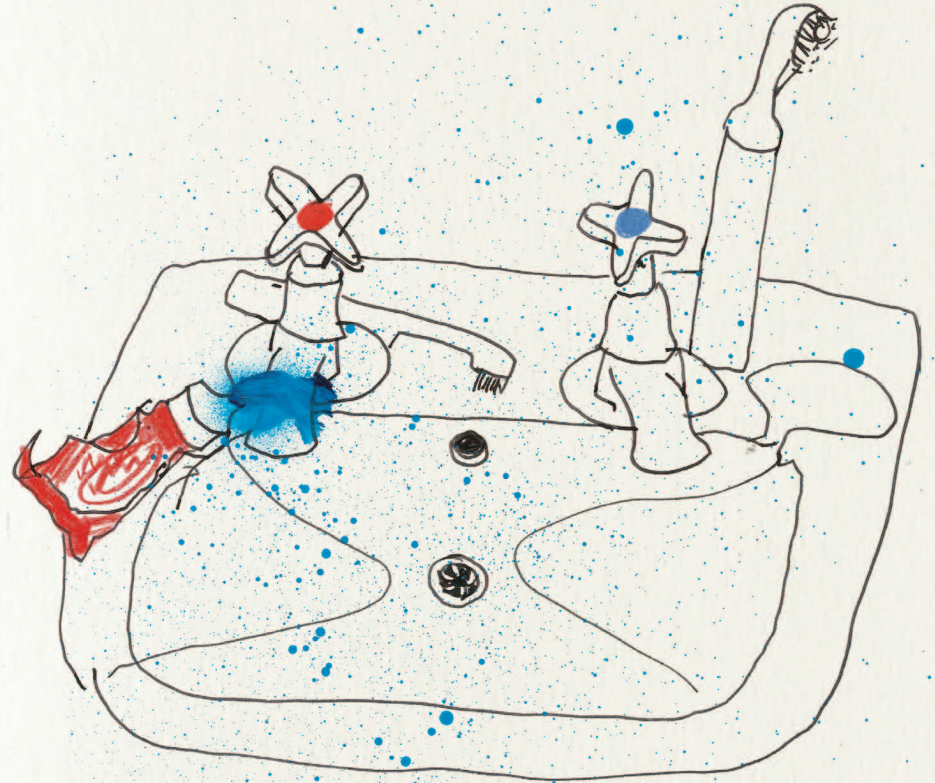
la Passione. An episode
of Peppa Pig is exactly
5 minutes.



My sink after brushing my teeth
last night...

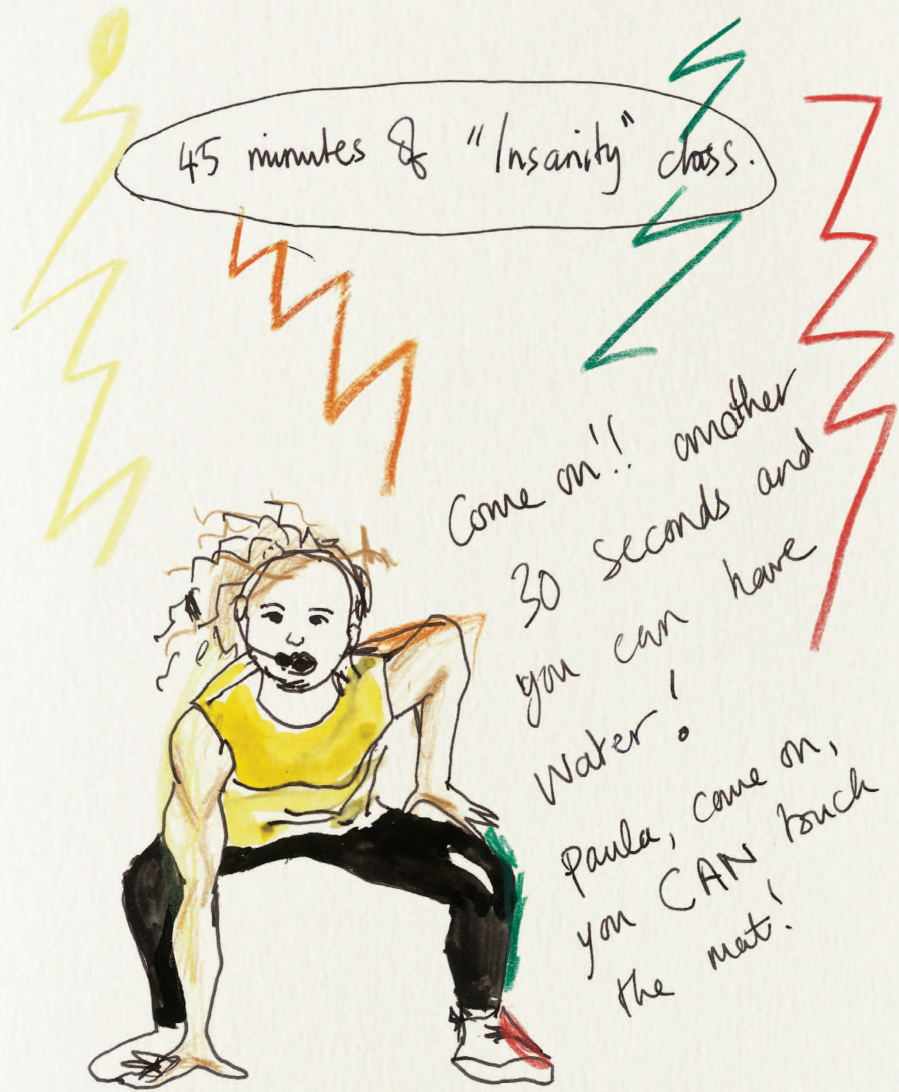


My sink after the family had
brushed their teeth this morning





2 mums by the sand pit at the Museum of
childhood.



Losing Weight



I TELL MYSELF EVERYDAY THAT I NEED TO LOSE WEIGHT. SO I EAT FEWER KITKATS AND, OCCASIONALLY, WHEN I REMEMBER, I CLENCH MY BUTTOCKS WHEN I'M WORKING AT MY DESK. BUT GENERALLY, I FORGET.