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Opening Extract from...

The Quick Quide 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

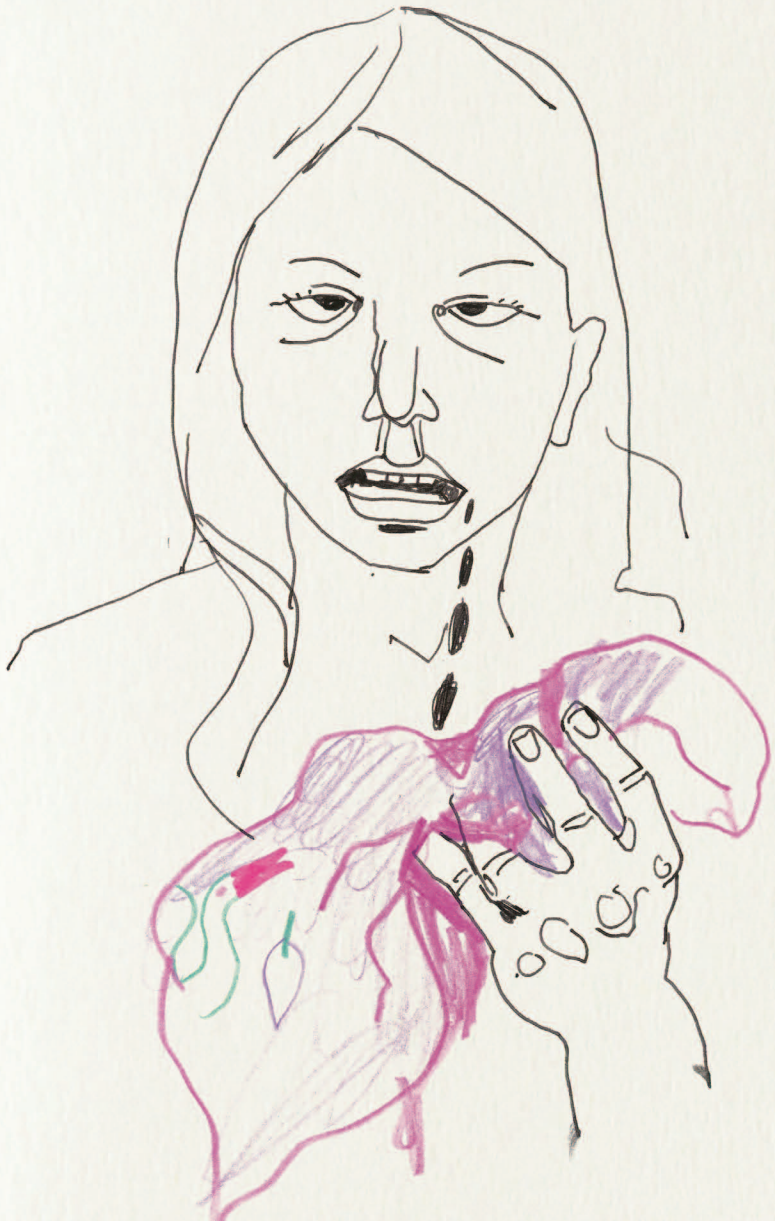


The inside of my brain yesterday

the Baby needs her nappy changed.

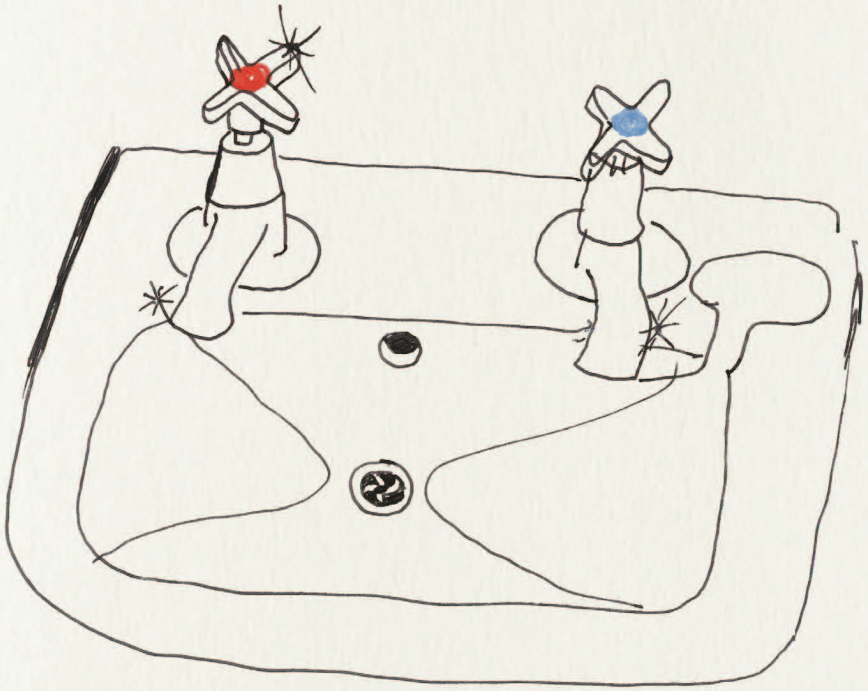


Mustins

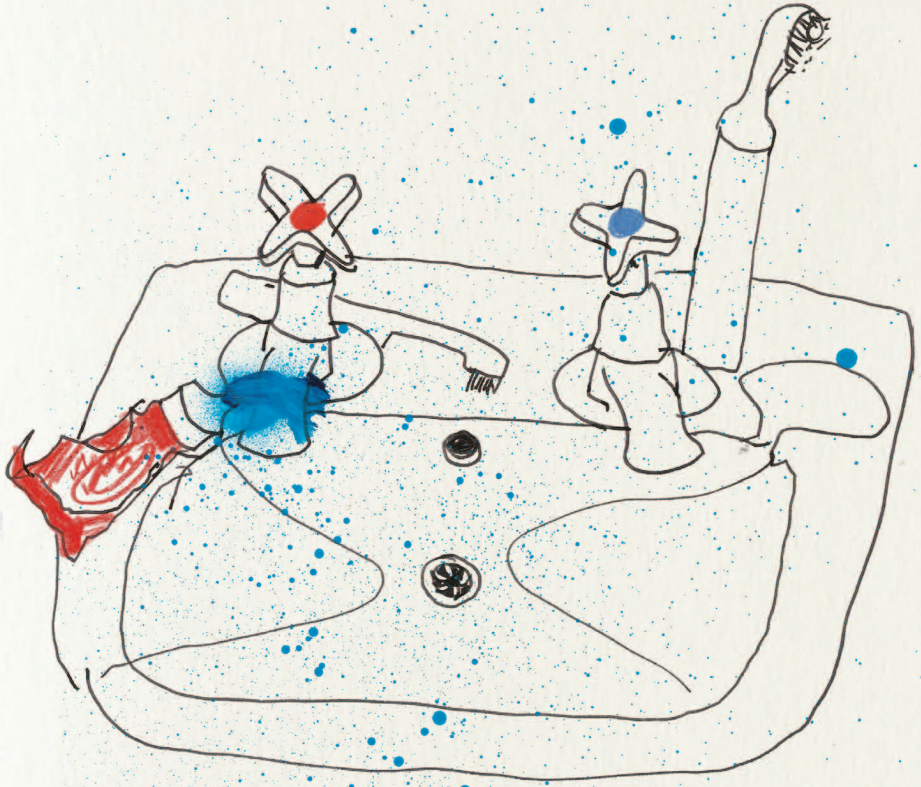



la Passione. An episode
of Peppa Pig is exactly
5 minutes.

My sink after brushing my teeth last night...

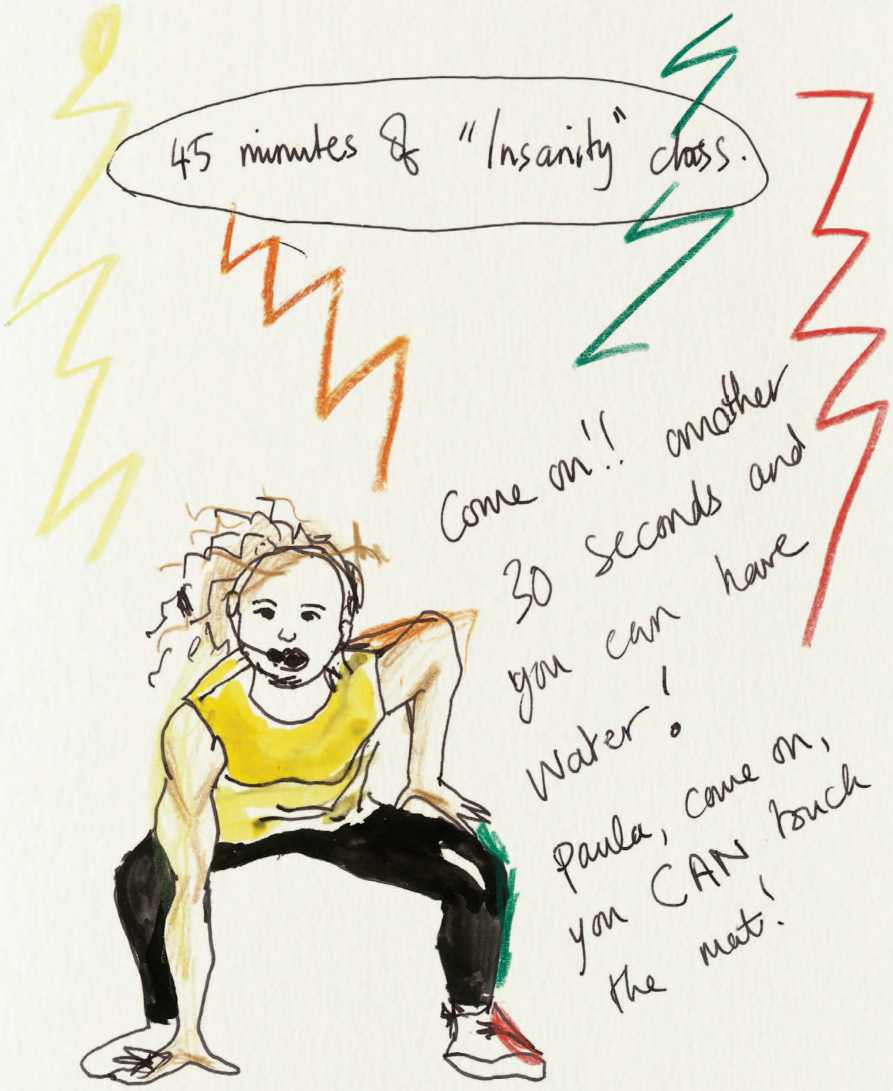


My sink after the family had brushed their teeth this morning





2 mums by the sandpit 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.