

PARENTAL GUIDANCE

How NOT to Raise Your Kids

Remember, your
parents didn't have
a clue either and you
turned out just fine.



THEA MUSSELWHITE

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INTRODUCTION



So, you're a parent. Which means your life mostly comprises sleepless nights, endless piles of dirty laundry, attempts to de-escalate screaming tantrums and watching your house descend into total chaos. But you wouldn't change it for the world, right?! Those little bundles of joy make it all worth it. Well, that, and the wine helps too.

In the following pages you will discover irreverent mothers and fathers whose wisdom is sage, silly and swears in equal measure. Their wry observations and unique survival tips will help you muddle through each day so that you can become an elite parent, just like them.



**Parenthood is wanting
to be with your kids
forever one minute and
wanting to sell them
on eBay the next.**

Parenting tip:

**It's okay to have a
break now and then.**

**Send them to the
grandparents' house.**

**We're here to
fuck up all your
good shit**





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**Parenting is spending
an irrational amount of
time trying to convince
an already sleepy
person to sleep.**