PARENTAL GUIDANCE

How NOT to Raise Your Kids



THEA MUSSELWHITE

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summersdale

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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 sweary 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.

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We're here to fuck up all your good shit



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