



The First-Time Parent: Six Months on the Outside

Sophia P Walker

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Becoming a parent may be the greatest adventure of your life, yet no-one tells you the important things you really need to know. Like, how to change a nappy in a pub toilet, what to do when 'mumsomnia' strikes and how to swaddle like a royal! Written by leading parent blogger Sophia Walker (Milk Drunk Diary, Huffington Post Parents), 'The First-Time Parent: Six Months on the Outside', is loaded with amusing and helpful tips and parent-hacks, to get you through the first six months of being a new parent.



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