



The Aargh to Zzzz of Parenting: An Alternative Guide

Joanna Simmons, Jay Curtis

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A is for Anxiety, Alcohol and awful Activities.

B is for Bedtime, Baking and Boredom.

C is for Childcare and Cooking With Your Coat on.

The Aargh to Zzzz of Parenting puts two fingers up to the idea that motherhood is the most rewarding experience a woman can have. Taking a laugh-out-loud look at life with young children, it taps into the very normal, but hard-to-admit frustrations that many parents feel.

This brilliantly alternative A - Z of parenting is essential reading for all mums and dads who 'really love their kids, but...'

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