

## Honest drawings of the first year of parenthood.

- Written and illustrated by Helene Weston, aka Helene the Illustrator, who has over 74.3K followers on Instagram
- Helene has worked with Marie Curie UK, Kicks Count, Channel Mum, Touchnote, Edx Education as well as midwives, doulas and maternal health advocates across the UK.
- This fully illustrated book offers a much-needed middle ground between the factual titles about birth and beyond and humour titles which paint parenthood as something to endure and not enjoy. Helene's illustrations are praised for their supportive yet honest nature.
- Chapters: Early Days, Sleep... What's That?, It's Definitely a Phase, Is this Normal? and A Brand New You. Be sure to check out the "Five things" at the end of each chapter.
- Cover finish: mat lam and spot UV

# In The Club

## You Did It!

No matter how you gave birth, you should be so, SO proud of yourself and your body... You bloody did it!

Maybe you got the birth you wanted or maybe you didn't.

You might have feelings about the birth you'll need to work through later, but right now enjoy that soggy hospital toast and stewed cup of tea. You are a goddess (albeit a bloated, sweaty, exhausted one).

Some mums feel that overwhelming surge of love, some don't - and that's okay; it doesn't mean you won't.

All I remember thinking was 'Thank fuck that's over, can I go to sleep now please?'

In these first few days, everyone always asks about the baby. Remember to look after yourself too. You've just been through a monumental thing and your body probably won't feel like your own for a while, so be kind to it.



## Until... Pop! The Bubble Bursts

The first few weeks (months) of being a new mum are relentless. You've been riding high on adrenaline and then you suddenly feel like you've been hit by a double-decker bus.

I remember sobbing on the phone to my mum in the first few weeks that I couldn't do it, that I felt so out of my depth and just physically and mentally exhausted.

You'll cry A LOT and worry about things you never knew you could. I was terrified that I would drop her, that she would get ill and I wouldn't know what to do, that the room was too hot, or too cold.

With all the stress and hormones, being a new mum is an emotional rollercoaster. Best assured that every first-time mum feels overwhelmed. For most, it's the hardest thing they've ever done.

You probably won't believe it, but you're doing so well and every day will feel a tiny little bit easier.

Brighter days are coming.



## If Looks Could Kill

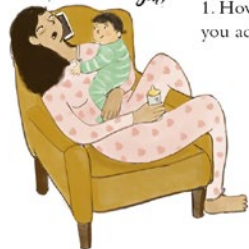
Sometimes, new mums have this built-in function that makes them wake up at the slightest noise from the baby. We can go from the deepest sleep to \*PING\* wide awake in an instant.

Some people could sleep through a tornado. That's all I'm saying.



## Five Things You Won't Believe

*We were up every hour last night, you!*



1. How little sleep you actually need



3. How many times you can try unsuccessfully to leave the house



4. How much you love them

2. That you'd do anything to make them happy



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5. How fast it goes... WTF how is she one already?!

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