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The baby has landed. You're home. Now what?
You need *The Rough Guide to Babies & Toddlers* (and a good lie down).

Kaz Cooke, author of the bestselling and much-loved *Rough Guide to Pregnancy & Birth* returns to offer her famous blend of funny, reassuring and practical advice in *The Rough Guide to Babies & Toddlers*, published in March.

There's something for every new mum (and dad), with help for those who just need a bit of advice on how to wash a bub's ears, right through to parents who don't know which end of a baby goes up and whether it goes in a vase. *The Rough Guide to Babies & Toddlers* is here to help, with no judgemental guru-speak about the right way to do things, just a range of solutions for you to choose from, fully updated and checked by British medical professionals and other experts.

With commonsense suggestions including hints from real mums and dads, Kaz's new book provides indispensable "more info" sections, with recommendations for support services, books and websites on every topic. And there's loads of fun and cartoons along the way.

The Rough Guide to Babies & Toddlers gives a balanced view of how to help little ones feel happy, healthy and secure, while making sure parents don't go compleeeetely bonkers. As Kaz says: "You can't do or be everything your child wants (otherwise they'd be eating Easter eggs every day for breakfast and you'd be dressed as a giant penguin)."

The Rough Guide to Babies & Toddlers includes...

- Baby worries, mum's health, feeling overwhelmed
- Bosoms, bottles, barfing, sleeping, crying, coping, bonding
- Mum's post-baby body, (and post-baby sex, if any)
- Dummies, teething, first foods
- Stuff that blokes want to know
- Teaching toddlers how to behave
- How to avoid food fights
- Naps, sleeping routines and getting from cot to bed
- Graduating to the loo
- The latest info on immunization jabs and other health issues
- Toys and games and parties, including insidery activities
- Preparing a toddler for an alien invasion - a new baby in the family

Plus, Kaz Cooke's Parenting Quiz! Extracts below...

ABOUT THE AUTHOR

Kaz Cooke is an author, cartoonist and mum, with a background in journalism and sleeping in. She lives in Australia where her books are bestsellers and divides her time between the keyboard and the couch. Her remaining ambitions include finding a flattering hairstyle before she dies and finishing a hot cup of tea before being interrupted. British bestseller *The Rough Guide to Pregnancy & Birth* was her first book with Rough Guides, and after heartfelt pleas from readers saying 'WHERE'S THE SEQUEL?!' she researched and wrote *The Rough Guide to Babies & Toddlers*. Kaz's book for teenage girls, *The Rough Guide to Girls Stuff: A full-on guide to the teen years*, will publish here in May.

Kaz Cooke is available for phone and email interviews, and will be in the UK in May

Kaz Cooke's Parenting Quiz!
Extracts from *The Rough Guide to Babies & Toddlers...*

The most important thing is:

- a) love
- b) trust
- c) thinking of your child as your friend
- d) not starting to order the vodka by the keg.

"Controlled crying" is:

- a) when you can sob without getting snot on your face
- b) a method whereby parents can cry for five minutes at a time, for efficiency reasons
- c) when you cry and you look like the guy in that Scream painting, but no tears come out
- d) usually recommended by people who are not in your house at 8.20 pm.

Your baby won't stop crying. The first thing to try is:

- a) post it back to the hospital for a refund
- b) offer it a Kit Kat
- c) look for hairline cracks on the donk and check the electricals
- d) wear one of those deer-huntin' hats with furry flaps you can tie over your ears.

---Ends---

NOTES TO EDITORS:

The Rough Guide to Babies & Toddlers by Kaz Cooke

Published 1 March 2009 • £13.99

ISBN: 9781848360266

Illustrated throughout by Kaz Cooke

Praise for The Rough Guide to Pregnancy & Birth:

"I couldn't put it down. The diary dates made me howl with laughter, but information sections were also incredibly useful. It was a constant source of reassurance and reason."

Pregnancy & Birth Magazine

"The hallmark blend of wise advice and humour is the perfect tonic for the terrified first-timer... every possible angle and query is covered in a refreshingly non-judgemental way."

Independent on Sunday

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For author interviews, review copies, giveaways or extracts contact:

Anna Paynton • 020 7010 3701 • anna.paynton@uk.roughguides.com