

PRESS RELEASE

NOW BABIES DO COME WITH A MANUAL - AS 'THE FIRST-TIME PARENT' LAUNCHES

- Leading blogger launches insightful and honest book about becoming a parent
- 37% of parents don't know how to change a nappy before their baby arrives*
- 'The First-Time Parent' features essential tips, insider knowledge and parent-hacks

It's one of the greatest moments in a person's life, yet many new parents feel unprepared when their baby arrives. Now, leading parent blogger Sophia Walker (*Milk Drunk Diary*, *Huffington Post Parents*) has published '**The First-Time Parent: Six Months on the Outside**' covering all the essentials 'no-one tells you about' - from placenta pills to nipple shields, and how to change a baby in a pub toilet!



An essential read for any new parent, 'The First-Time Parent: Six Months on the Outside' is available from £3.99, downloadable on [iTunes](#) and is also available on [paperback](#) and [hardback](#) on Amazon and Book Depository.

Sophia Walker, author of 'The First-Time Parent: Six Months on the Outside' said: "Becoming a parent is the single greatest adventure of your life, yet no one tells you the important things you *really* need to know. Like, what App hides dark circles in photos and how to swaddle like a pro!

"As I stumbled through those early days with a newborn I noted all the essentials that got me through it, which led me to writing this book. I hope other Mums and Dads will find it helpful, funny and above all – reassuring that they're not alone!"

As one of the many growing 'Mumpreneurs', Sophia wrote the book during her maternity leave, drawing from personal experience and insight from her thousands of online followers.

The book has already received positive reviews from the parenting community, including journalist and blogger (*RunOutOfWomb*) Lucy Tobin, who said: "Honest, funny and short enough to dip in and out of during feeds, new parents will love Sophia's helpful handbook!"

And Sarah Redshaw, managing editor of parent website *BabyCentre*, who added: "Packed with parent-hacks and practical insight."

*Source: *Tesco Baby Club*, 2013

'The First-Time Parent: Six Months on the Outside' offers digestible tips designed for readers to pick up and reference in between feeds, nappy changes and precious moments of quiet. It features original illustrations by up and coming artist Clara Spinassi.

The four chapters include:

- Chapter 1: Baby versus World - the first few weeks of having a baby but not quite knowing what to do with it
- Chapter 2: Counting Sheep - a whole chapter dedicated to sweet precious sleep
- Chapter 3: Magic Tricks - practical tips and useful insight
- Chapter 4: To be a Parent - featuring essential parent-hacks

Readers sharing selfies with the book using #FirstTimeParent @milkdrunkdiary will be retweeted.

For more information, visit the official book page at milkdrunkdiary.com/firsttimeparent

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For further information or images, or to request a review copy, please contact:

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Notes to editors:

- Sophia is the Editor and co-founder of leading parent blogzine Milk Drunk Diary (milkdrunkdiary.com) and blogs for Huffington Post Parents, BritMums and other parenting titles. She lives in London with her husband and son Boo.
- Milk Drunk Diary is a leading parent blogzine covering everything from family travel to road testing products. It has been shortlisted in the MAD Blog Awards and Brit Awards. It was launched in March 2015 and has 25,000 cumulative followers across its blog and social media. The blog was named after the milk drunk phenomenon, described as "A blissfully passed out baby 'drunk' following a satisfying feed of milk."
- Publishing details
 - Paperback version (68 pages, 12.7 x 20.3cm) from £8.99
 - Hardback version (36 pages, 12.7 x 20.3cm) from £14.49