

Download Breaking Mum And Dad The Insiders Guide To Parenting Anxiety

Breaking Mum and Dad: The Insider's Guide to Parenting Anxiety - Kindle edition by Anna Williamson, Dr Reetta Newell. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Breaking Mum and Dad: The Insider's Guide to Parenting Anxiety. About Breaking Mum and Dad. An honest guide for all new parents to help them cope with and conquer anxiety, stress and low mood in those overwhelming early days. Mental health for new parents is a thing--a big thing--and it's time we all stopped suffering in silence. After being diagnosed with post-natal anxiety and birth trauma following the birth of her first baby, Anna Williamson went on a ... Whether it's making new friends, coping with changing relationships, breast and bottle feeding anxiety, going back to work worries, or the whole shift being a new parent poses mentally, Breaking Mum and Dad is a guide of empathy, sympathy and above all, hope. Breaking Mum and Dad: The Insider's Guide to Parenting Anxiety by Anna Williamson is published by Green Tree and £12.99 at www.amazon.co.uk Lynne Parker is the founder and chief executive of Funny Women.