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Breaking Mum and Dad: The Insider's Guide to Parenting Anxiety (Paperback)

By Anna Williamson

Bloomsbury Publishing PLC, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Mental health for new mums and dads 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 mission to uncover the real thoughts, feelings and behaviours that many of us experience in those first few weeks and months after becoming a parent. And it turns out she wasn't alone, and neither are you. 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. Packed with helpful advice, shared stories and practical guidance, alongside thoughts from clinical psychologist, Dr Reetta Newell, this is a must-read therapist in your pocket. Read it at 2am when you're struggling with never ending night feeds, at 6am when you've already watched the same cartoon for the twentieth time, or at 10pm when you just...



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