



PUBLISHED 2 MARCH 2017
(For April/May Magazine Issues)
Published by Michael O'Mara Books
Paperback, £9.99

Forget the twee baby books that document every detail you didn't know you needed to remember in a blaze of pastel colours and bunnies. The reality is that most new parents are simply feeling their way through those early months with a new baby. When Shannon Cullen had her first baby, she found herself scribbling random notes at the oddest of times. This sparked the creation of *I'm Wrecked, This is My Journal*.

Filled with a mix of funny quotes, doodles and witty lists, *I'm Wrecked, This is My Journal* will inspire and uplift even the most despairing of sleep-deprived parents. This is the perfect companion for those odd thoughts, bizarre expectations, significant moments and baby firsts. Whether it's as your parenting highlights hit you in the middle of the night feed, when you're working your way through the parent maze whilst frantically tapping the baby bouncer or looking for gin in the word search at 9 a.m., this journal will help to raise a smile.

No matter if the day is a parenting win or fail, there is something here to suit every mood, the perfect present for a new parent, parent-to-be or as a self-purchase. *I'm Wrecked, This is My Journal* is unique, just like parenting itself.

For more information, please contact:
Becke Parker: becke@bparkerpr.co.uk | 07810 480924
or Becky McCarthy: becky.mccarthy@mombooks.com | 0207 819 5917



The worst TV you've watched this month:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

The series you mainlined was:

Date: _____ Today: _____

the perfect
parent cake
recipe



1. GO TO A BAKERY
2. BUY A CAKE
3. EAT THE CAKE

HERE ARE SOME DESIGNS THAT HAVE BEEN SHOWN TO STIMULATE EYESIGHT IN BOTH PARENTS AND VERY SMALL BABIES

DAILY ASSESSMENT:

#parentingfails #parentingwins

- 1 _____
- 2 _____
- 3 _____

'The quickest way for a parent to get a child's attention is to sit down and look comfortable.'
- Lane Ollinghouse

Create your ideal playlist for parents

Date: _____ Today: _____

MY FAMILY TREE

THE SLEEP SUIT CHALLENGE

Time yourself once a week as you wrestle your baby into a sleep suit. See if you get faster . . .

Week 1: _____
Week 2: _____
Week 3: _____
Week 4: _____

Date: _____ Today: _____



Shannon Cullen is the publishing director for children's books at Penguin Random House UK. She has a new baby as well as a toddler and aspires to wake up naturally - without the aid of children - one morning.

A word from Shannon...

I created this journal for new parents who are looking for a bit of downtime, which probably amounts to about 96 seconds per day. I wanted to reflect my experience of parenting, which is that everything is a balancing act - balancing your baby with one hand and a glass of wine with the other. But alongside the more frazzled moments there are all the wonderful memories that you think you'll remember forever, vastly underestimating sleep deprivation. My journal is intended as a playful way for parents to remember the ups and downs of their parenting adventure.

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Do check out @ImWreckedMother on Instagram, or search #ImWreckedJournal to find out more.