

A Baby Guide to Calgary

Making the Most of Your Parental Leave

By Paula McGarrigle

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A Baby Guide to Calgary (Second Edition) provides parents with a fabulous resource for Calgary's many activities that are specifically geared for parents of infants and toddlers up to twenty-four months of age. The second edition builds on the first and has been expanded to include the surrounding area resources in Cochrane, Airdrie, Chestermere and Okotoks. The first edition has been a bestseller in Calgary owing to the tremendous baby boom that is overtaking the city. Activities, surviving the first six weeks, parenting support, breastfeeding help, shopping for baby, babyproofing and travel tips, fitness options for new parents are just some of the topics that the book covers. This book makes an excellent gift for a baby shower or for a friend with a newborn.

Here's what some reviewers of *A Baby Guide to Calgary* said:

"This book is a wonderful, comprehensive resource for all parents! Pick one up – you'll use it on a regular basis!" *Dr. Sonya Monique Lee, BSc, MD, CCFP, MHSc, Family Practitioner and Mom*

"This book is an *amazing* creation, an ideal gift for every new parent. A concentration in one place of just about all you could need being a new parent in Calgary and area as well as a look at future fun as your baby starts to grow up. Don't be without it!!!!" *Dr. Evelyn Jain, BSc, MD, CCFP, FCFP, IBCLC, Family Practitioner and Director, Lakeview Breastfeeding Clinic*

"One of the greatest benefits of this guide for parents is the chapter on administrative issues.... She has done this vital work for parents! Thank you, Paula." *Kitty Raymond of Raymond Parenting*

"Jam packed with information for local parents... a must have reference guide! I wish this book was around when I had my first child." *Britt Raposo - Mom and Founder of CalgaryMoms.com*

"This book would have helped me on my first maternity leave, especially as it is time consuming to hunt and peck your way through the first year. Excellent book, I will give many as gifts to new moms!" *Jennifer N. – Mom*

"This book is as pertinent and useful for parents of multiples or parents whose new baby is not their first as it is for brand new parents." *Jill O. - Mother of three (including twins)*

"It is very comforting to have a great book like this as my husband and I start to prepare for parenthood." *Lisa B. – Expecting*

"I found the first edition of the book extremely useful, and discovered the second edition is even more comprehensive. As a new mom, it was a huge relief to have help from mom's who'd already been through it all." *Sue Deyell – Mom and Q107 Announcer*