

# *A Baby Guide to Calgary*

## Making the Most of Your Parental Leave

### **FOR IMMEDIATE RELEASE**

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### **A BABY GUIDE TO CALGARY FOR CALGARY'S NEW BABY BOOM.**

(Calgary, AB, March 17, 2006) - As Calgary's baby boom continues, a comprehensive source of current information for both moms and dads has appeared on the horizon. Playgroup Books announced today the publication of a new book entitled *A BABY GUIDE TO CALGARY, MAKING THE MOST OF YOUR PARENTAL LEAVE*, by Paula McGarrigle and Elena Rhodes. Delivering information on what to do during your parental leave will help any new parent make the most of this exciting time for you and your new baby.

Recent trends indicate that more parents are staying home longer with their children during baby's first year. Parental leave can be a lonely time where new parents are cut off from their social network, housebound and unaware of all of Calgary's resources for this age group. Now there is a book that is a convenient and comprehensive guide to connecting with other parents as well as courses, activities, services and resources available for new parents in Calgary.

McGarrigle and Rhodes became mothers in 2004. They met during a prenatal course and after the birth of their children; they started up two walking groups for new parents. They have spent over eighteen months researching services and activities available in Calgary for new parents. Their new book provides new parents with enough information to ease their entry into parenthood and make the most of their parental leave. The website is [www.babyguidetocalgary.com](http://www.babyguidetocalgary.com).

Playgroup books will be launching their book from 2pm to 4pm on Saturday, May 06, 2006 at Monkeyshines Children's Books located at 113, 2215 – 33<sup>rd</sup> Ave S.W. Calgary. *A Baby Guide to Calgary* is also available for sale at both Sproutzkidz locations: 3803 – 26 Ave S.W. and 13226 Macleod Trail S.E. Calgary.

