

A Baby Guide to Calgary

Making the Most of Your Parental Leave

FOR IMMEDIATE RELEASE

Contact: Paula McGarrigle
Playgroup Books
Phone: 542-9463
Suite 119, 2137-33Ave S.W.
Calgary, Alberta T2T 1Z7
E: info@babyguidetocalgary.com
W: www.babyguidetocalgary.com

A BABY GUIDE TO CALGARY WELCOMED BY CALGARY MOMS.

(Calgary, AB, September 23, 2006) - As Calgary's baby boom continues, a comprehensive source of current information for both moms and dads has sold over one thousand copies. Playgroup Books announced today that their new book entitled **A BABY GUIDE TO CALGARY, MAKING THE MOST OF YOUR PARENTAL LEAVE**, by Paula McGarrigle and Elena Rhodes, will be distributed by McNally Robinson for Kids in Calgary. "Over one thousand mothers in Calgary have already purchased the book and the feedback has been tremendous!" says McGarrigle.

First and second time mothers have indicated that they are really appreciative of this new book to help with their exciting time for them and their families. "Oh my gosh!!! I found your book in a consignment store today, and all I can say is THANK YOU THANK YOU THANK YOU!!!!!!!" wrote one mother. "Your book is comprehensive and easy to use." wrote another.

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 specifically for babies. Now there is a book that is a convenient and comprehensive guide to connecting with other parents, finding courses, activities, services and other 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, 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 information to ease their entry into parenthood and make the most of their parental leave. The website is www.babyguidetocalgary.com.

Playgroup books and McNally Robinson for Kids will be presenting the authors for a book signing from noon to 1pm Wednesday, October 25, 2006 at McNally Robinson Booksellers located at 120 8th Ave SW, Calgary. *A Baby Guide to Calgary* is also available for sale at both bo bebe, Monkeyshines, Sproutzkidz, and Baby & Me.

