

# *A Baby Guide to Calgary*

## Making the Most of Your Parental Leave

FOR IMMEDIATE RELEASE

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### **SECOND EDITION OF THE CALGARY BESTSELLER "A BABY GUIDE TO CALGARY" LAUNCH NOVEMBER 17.**

(Calgary, AB, October 19, 2007) - As Calgary's maternity wards are bursting at the seams with over 15,000 births in the city in the past year, Statistics Canada and the City of Calgary's recent socio-economic study indicate that the trend of increased birth rates will persist.

The second edition of A BABY GUIDE TO CALGARY, MAKING THE MOST OF YOUR PARENTAL LEAVE by Paula McGarrigle has been updated and expanded to include children up to twenty-four months old and now includes Calgary's surrounding regions such as Airdrie, Okotoks, Chestermere and Cochrane. The second edition also includes contributions from experts in the field of breastfeeding consultation, preschools, paediatric physiotherapists, dental care and more. With Calgary's services feeling the pressure of the baby boom, this second edition gives you a heads up on what is available for your children throughout the city.

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

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. The second edition of the book is a comprehensive guide to connecting with other parents, finding courses, activities, services and other resources available for new parents in Calgary.

The first edition of the book was launched in spring 2006 and was on the best seller list within weeks. McGarrigle became a mother in 2004 and wrote the first edition with Elena Rhodes, a fellow parent met during a prenatal course. The second edition builds on the eighteen months of research McGarrigle and Rhodes did on the services and activities available in Calgary for new parents.

The website is [www.babyguidetocalgary.com](http://www.babyguidetocalgary.com).

Paula McGarrigle and the contributors to the book will be hosting the book launch at Calgary Farmer's Market on November 17, 2007 from 9 a.m. to 2 p.m.

