

healthy kids, happy families

Parents

**TEACH
KINDNESS**

little secrets
that bring
families closer

a berry good time!

**SWEET
TREATS**

**prep for
preschool**
7 lessons
+ get-smart apps



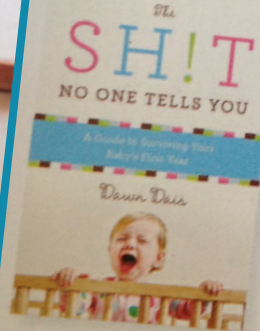
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parents to parents

Mom Must-Read

Babies are wonderful—we all agree. Can we also acknowledge that bringing home that first bundle of joy is one of the hardest things you'll ever do? Dawn Dais bravely goes where other baby books don't in her wisecracking new release called *The Sh!t No One Tells You: A Guide to Surviving Your Baby's First Year*. She spills the truth about everything from breastfeeding

to getting along with your partner post-baby. Pregnant women who want an honest peek inside what's to come will be convinced to nap while they still can, and moms with kids will laugh out loud at Dais's quirky insights and strong opinions. —Kristen Kemp



For more book picks, check out Kemp's blog at parents.com/blogs/mom-must-read.