



# **The Rookie Mom's Handbook: 250 Activities to Do with (and Without!) Your Baby**

*Heather Gibbs Flett, Whitney Moss*

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Bookstores are full of activity books for babies and toddlers, but *The Rookie Mom's Handbook* is the only one designed exclusively for first-time mothers. Here are 250 enjoyable activities to help rookie moms maintain their individuality and boost their confidence about leaving the house, socializing, and doing things they've always liked to do—either with or without baby.

Inspired by the popular blog [www.rookiemoms.com](http://www.rookiemoms.com), this handbook offers bite-sized activities organized according to the baby's age. Some are crafty, some are adventurous, and some simply help get a meal on the table.

Full of lively advice and adorable illustrations, *The Rookie Mom's Handbook* is the perfect reminder that there's more to life than dirty diapers and 3 a.m. feedings!

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