



# Mum to Mum: Happy Memories and Honest Advice, From a Real Mum

*Coleen Nolan*

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**Mum to Mum: Happy Memories and Honest Advice, From a Real Mum** Coleen Nolan

A book to bring laughter, consolation and solid advice for every mum who's found herself wandering blearily round her kitchen in a milk-stained dressing gown, too exhausted by yet another sleepless night to remember what day of the week it is, or been left wondering where it all went wrong as her teenager screams, 'I hate you!' and storms out of the room.

Coleen has been a stay-at-home mum and a working mum, steered her children through toddler tantrums and sibling rivalry, helped with their homework and cheered them on at football, handled their heartbreak at her divorce and the transition to living with a stepfather. She knows how rewarding motherhood is, and how hard. In this book she shares some of her funniest and happiest moments as a mother, as well as the frustrations and tough times every parent faces. She also gives lots of tried and tested, practical advice for each stage of your child's development as well as tips on dealing with issues like bullying, bereavement and divorce. Above all, she reassures us that real mums aren't always perfect, and no one gets it right all the time. Loving your kids and doing your best is what matters.

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