

Tess Daly

The Baby Diaries

Milestones, Memories and Misadventures

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“The journey from finding out you are pregnant to becoming a mum for the first time is one of the most exhilarating, nerve-racking and downright exhausting things we can ever experience. Of course, everyone seems to have lots of advice about their own pregnancy and time bringing up babies but there are no hard and fast rules for becoming a mum for the first, second or even third time. And even though I was thrilled to bits to be given the opportunity to write a book I really didn't want to make it some finger-waging Thou Must Puree Organic Food and Be a Supermum read. I wanted to share my honest experiences as a working mother, the good and the bad...

So this is my story of becoming a mum. From standing in the loo waiting for the magical blue line to appear to sitting here now with my two beautiful daughters, Phoebe and Amber, and wondering how two children can create more mess than the aftermath of a music festival. I hope you enjoy it.”

Honest, down-to-earth and funny, **The Baby Diaries** is Tess Daly's personal account of the journey from morning sickness to motherhood. Combining her own experiences as a mum, and mum-to-be, with some of the best tips she picked up along the way, it is the perfect introduction to what to expect when you are expecting.

Taking each trimester in turn, Tess gives her own warm, reassuring take on pregnancy and parenting. She talks about the big issues including the birth itself, feeding and sleeping routines (or the lack of with three years of sleepless nights), childcare and the decision to go back to work, as well as offering her unique suggestions for how to stay stylish when you can't see your feet, the best items to pack in your hospital bag and how to holiday with young children. Talking openly and amusingly about her successes and her failures, she shows that even though the road to being a brilliant parent can be a rocky one, everyone can get there.

Beautifully designed and illustrated with gorgeous colour photos, **The Baby Diaries** is the perfect gift for any parent or mother to be.



Tess Daly was brought up in a small Yorkshire village along with her younger sister Karen. Spotted by a model scout aged eighteen, Tess spent the next 10 years as a successful model living in Tokyo, Paris and New York. Since relocating to London she has presented numerous television shows including seven series of BBC1's Strictly Come Dancing.

Tess met her husband Vernon Kay on an early presenting job and they married in 2002. Tess and Vernon are the proud parents of Phoebe, 4, and Amber, 5 months.

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