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Babies Don't Make Small Talk (So Why Should I?)

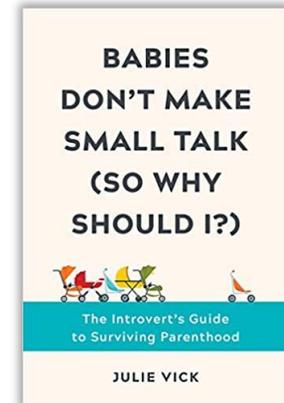
The Introvert's Guide to Surviving Parenthood

Are you a parent or soon-to-be parent? Do social situations exhaust you and/or make you want to run for the hills? If you answered yes to both of those questions, *Babies Don't Make Small Talk (So Why Should I?): The Introvert's Guide to Surviving Parenthood* [August 10, 2021; \$21.95; 978-1-68268-655-3; The Countryman Press] is the guide for you. Brimming with advice for current and expecting parents, this book will help any introvert navigate the social obligations paired with having children.

Author Julie Vick *gets it*. She is a lifelong introvert by proclamation and has two young children of her own. Using her signature humor and anecdotal experience, Julie unravels the mystery behind what is expected socially of parents with young children. Covering pregnancy through the pre-school years, readers will find the perfect balance of hilariously useful coping mechanisms for all sorts of social situations.

Told in three parts, each section of the book is dedicated to a different phase in parenting. Part one, *Your Last Tastes of Freedom*, covers all the potential social interactions associated with pregnancy. Learn how to decipher various pregnancy classes, manage invasive questions, and share the pregnancy announcement (anonymous ransom-note style is 100% an option). **To avoid discussing your morning sickness, readers have three options: lie about having an illness, cancel your plans, or leave the country until you feel better.** In the second part, *Surviving the First Year*, readers will learn how to scare off unwanted visitors, how to manage with a lack of sleep, and **how to deal with never being alone.** Included in this chapter is Travel Reviews of Everyday Parent Getaways including, but not limited to, the closet, the gym, and under the bed. Part three, *Welcome to Toddlerville*, contains a Playdate Screening Questionnaire, birthday party survival tactics, and **easy methods to find quiet time when your house gets too noisy.** At the end of this stage, parents can celebrate making it through the first few years of parenthood by filling out the **Worksheet For Ways In Which You Are Killing It As A Parent** and maybe doing something fun like getting new leather seats for their minivan.

Every introvert is intimately familiar with the feeling of social exhaustion. Even extroverts reach a limit at some point, especially with the constant demands of parenting. *Babies Don't Make Small Talk (So Why Should I?)* is a guide made for introverts but helpful for all in navigating the social requirements of parenthood. Cancel your plans, turn off your phone, and find your kid-free hiding spot to dive deep into this guide to surviving parenthood.





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ABOUT THE AUTHOR: Julie Vick, a lifelong introvert, is a parent of two young children. Her writing has appeared in *The New Yorker*, *McSweeney's*, *Parents*, and elsewhere. An English instructor at the University of Colorado Denver, Vick lives near Boulder, Colorado.

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