



# Naptime Is the New Happy Hour: And Other Ways Toddlers Turn Your Life Upside Down

*Stefanie Wilder-Taylor*

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*Motherhood -- it's not for wimps.*

Once the zigzagging hormones and endless, bleary-eyed exhaustion of the first year have worn off, you're left with the startling realization that your tiny, immobile bundle has become a rampaging toddler, complete with his or her very own, very forceful personality.

Just as *Sippy Cups Are Not for Chardonnay* helped debunk decades of parenting myths to offer honest advice for the first year, *Naptime Is the New Happy Hour* is a voice of reason for every woman facing questions such as: Will refined sugar make my toddler's head explode? Is it wrong to have a cocktail at two in the afternoon? And what exactly is a Backyardigan?

With biting wit and boatloads of common sense, Stefanie Wilder-Taylor addresses all these concerns and more. Whether it's planning easy outings that are fun for both of you (fact: your child will find the local Target just as scintillating as the Guggenheim), dishing the dirt on preschool TV (those mothers who swear their kids don't watch television? Liars or psychos, every one), or perfecting the art of the play date, readers will find advice, anecdotes, and a reassuring sense of camaraderie to help them survive -- and even thrive -- during each hilarious, frustrating, and amazing moment.

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