

## Mum of three uses PND experience to create journal for new mums

**Amy Ransom, mum of three and writer of the honest mum blog, *Surviving Motherhood*, has just launched *The New Mum's Notebook*, a sanity saving journal for new mums to help them navigate that first year of motherhood, no matter what 'round' they're on.**

**She's funded and published the entire book herself from conception to writing to overseeing the design and production.**

**She's now storing the first 3000 copies in her house, whilst fulfilling orders through her website, doing her own PR and keeping her three kids alive.**

Amy, who was diagnosed with post-natal depression when her third baby was 9 weeks old, said she realised how unsupported and uninformed new mums were when she wrote several 'new mum' posts including one about the fourth trimester, which went viral. She started getting messages from mums saying they wished they'd had this support sooner, when their babies were first born to alleviate some of the overwhelming pressure they felt on a daily basis.

*'I felt really sad that so many mums were coming to this information later than was useful. I wanted new mums to have the reassurance they so desperately need and deserve the minute they have their babies, not six months or a year later when they stumbled across my blog, or someone else's.'*

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Initially, Amy looked at producing a booklet to distribute via maternity wards but doing this via the NHS proved complicated. Then the booklet grew to a 304 page journal and *The New Mum's Notebook* was born.

*'It never occurred to me to try and get a traditional publisher on board, despite not knowing a thing about producing a book. My friends think I'm a bit bonkers; they're probably right. But the sales are coming in and I'm getting lovely feedback that this is helping mums and it's something they want. My wish is that it helps new mums manage their expectations and feel supported in however they choose to raise their baby. I think some cases of PND could be avoided if we put more focus into doing this.'*

Amy was on holiday when the first 3000 copies arrived at her house this August, one year later. She had to get a friend to move all 188 boxes - weighing 2.5 tonnes, the equivalent of a small elephant - into her house, on the hottest day of the year. 'I hope you're enjoying your cocktails,' he wrote. Her daughters' reactions when they returned from holiday was quite something too.

A notebook sequel is already in development for 'All Mums' and Amy's thinking she should perhaps approach a publisher next time.

Either that, or move house.





## ABOUT THE AUTHOR

Amy Ransom, 39, lives in Blackheath, London with her family and writes the popular Surviving Motherhood blog.

After her third baby she finally discovered the fourth trimester and was then diagnosed with post-natal depression at nine weeks. She's since written about this for The Telegraph and also appeared on BBC News and This Morning to discuss issues facing new mums, as well as recently sharing her experience of PND on Sky News.

The New Mum's Notebook is her second book and was created to help new mums navigate the first year of motherhood.

## THE NEW MUM'S NOTEBOOK

- Priced at £25 including P&P, available now from [thenewmumsnotebook.co.uk](http://thenewmumsnotebook.co.uk)
- 304 colour pages including 32 articles, journal pages, affirmations, simple recipes and 12 months of milestone charts for mum and baby.
- Divided into the first 12 months of motherhood to address each particular stage
- Integrated pocket with stickers and space for papers/notes
- Ideal gift for a new mum/baby shower – gift message with card available
- Created and published by Amy Ransom, author of the Surviving Motherhood blog: [www.amyransom.com](http://www.amyransom.com)



## PRAISE FOR THE NEW MUM'S NOTEBOOK

*'This is an invaluable tool for all mums who want to focus on the good, the essential and the important and ignore all the pressure, stress and worry. It's designed beautifully and full of amazing support and advice. I cannot recommend this highly enough,' Cat Sims (Not So Smug Now, Instagram)*

*'You've created the thing that we all wish we'd had,' Clemmie Telford (Peckham Mamma, Instagram)*

*'Your book will go everywhere with me,' Lindsey (online customer)*

*'Already in love with it,' Sam (online customer)*

*'I want another baby now just to get this book,' Victoria (Instagram)*

For images and more information, please contact Amy Ransom:

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3000 BOOKS!

