

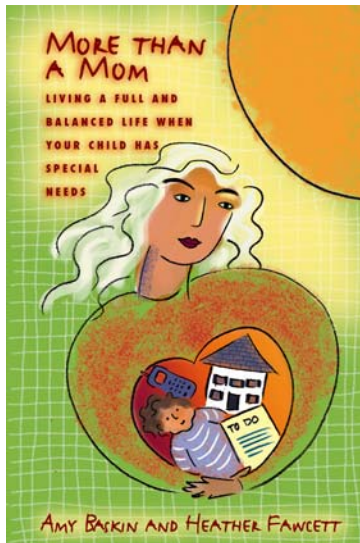
## Press Release

*Just Published in May 2006*

### **More Than a Mom**

**Living a Full and Balanced Life When Your Child Has Special Needs**

**By Amy Baskin & Heather Fawcett**



MORE THAN A MOM explores how women can lead rich, fulfilling personal lives while parenting a child with special needs. The authors' skillful blend of research, personal experiences, and feedback from over 500 mothers across North America results in a book that is jam-packed with practical strategies, advice, and reassurance for women trying to create more manageable and rewarding lives.

MORE THAN A MOM addresses the universal concerns and questions of these mothers, who experience the added intensity of raising children with disabilities. This "how-to" guide looks at the challenges these mothers face at home, at work, and within themselves, with special attention paid to:

- Staying healthy both physically and emotionally
- Nurturing interests and goals
- Strengthening your marriage
- Maintaining friendships
- Keeping organized
- Seeking flexible work options
- Changing careers or starting a business
- Finding specialized daycare
- Advocating for your child

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The mothers who were interviewed for the book have diverse backgrounds and family dynamics. Given their differences and the fact that their children have such varied disabilities, it's striking that these mothers face such similar issues. **MORE THAN A MOM** provides mothers with many voices and solutions that will resonate with their own circumstances. Husbands, extended family, friends, support organizations, and service providers will also want to read this insightful and fact-filled book.

**About the authors:**

**Amy Baskin** is a writer, teacher, and public speaker. She has a Master of Adult Education degree and a teaching degree in Special Education from the University of Toronto. She writes about parenting, women, education, and disability issues for magazines across North America. She lives with her husband and two daughters in Guelph, Ontario, Canada. Her youngest child has autism.

**Heather Fawcett** is a writer who is active in special-needs advocacy. She chairs an Asperger syndrome parent support group serving 400 family and professional members in her community. She has earned multiple B.A. degrees in English, Applied Studies, and Psychology from the University of Waterloo and Carleton University. A mother of two, she resides in Ottawa, Ontario, Canada with her husband and children. Her oldest daughter has Asperger syndrome.

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