

Suggested Interview Questions

from the WaterBrook Multnomah Publishing Group
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Interview Questions for Trish Berg

Author of
Rattled

1. Your newest book is *Rattled: Surviving Your Baby's First Year Without Losing Your Cool*. Why is it so easy for moms to get rattled during their baby's first year?
2. *Rattled* actually begins by looking at the months of pregnancy. How can moms use this time to prepare to survive baby's first year?
3. You spent a lot of time listening to what other mothers had to say. Share with us a couple of the most common mistakes mothers of newborns confessed to.
4. How can moms avoid these pitfalls?
5. As moms try to avoid these mistakes and figure out their new little one, they are also forced to confront a changing relationship with their husbands. Give us a few tips into what "dad" is going through during the first year.
6. Speaking of dads, how do they fit into surviving the first year? How can they help their wives make it through this time unrattled?
7. You describe your home as the site of four-foot tall alien invaders, who thrive on adding clutter to the home you work so hard to keep clean. Share how you, a self-described neatnik, deal with this invasion.
8. Chasing after kids and keeping up with the day-to-day parts of motherhood can make it difficult for moms to make time for themselves. How can they make time for themselves and their own mental and physical well being?
9. In *Rattled* you're very open about the loss of your own pregnancy in 2002. How has that loss changed your outlook on motherhood? And what are some things that moms can do to work through the physical, emotional, and spiritual pain of a miscarriage?
10. Today you're the mom of 4 happy and healthy children. What do you see as the greatest blessing about being a mom?
11. You've shared a lot of stories and insights with us today. Your book also includes a lot of online and print resources. Tell our listeners about a few of your favorites.
12. Where can listeners learn more about you, *Rattled*, and your other books?

For more information, please contact:
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