

Sue Donnellan

Parenting Specialist, Mom to 4, Founder of 3 Businesses,
Award-Winning USA Today Bestselling Author

As a one-time reluctant parent and reformed yeller, **Sue Donnellan** understands the sheer stress that is parenting! She is the mom behind **Ask Mom Parenting** and the author of the Award-Winning #1 Bestselling Book, **Secrets to Parenting Without Giving a F*ck**.

Sue's results-based, partnership parenting methods evolved from 20+ years of raising four kids, including surprise triplets. She teaches the partnership techniques that easily end tantrums, eliminate backtalk, get willing cooperation, neutralize sibling fights and **build lasting relationships of lifelong trust and respect with your kids**. She has helped countless parents through their overwhelm ... transforming their lives and households.



RAVES ABOUT SUE'S BOOK

"Irreverent yes, and totally practical advice for the overwhelmed parent."

~ Davina Kotulski, Ph.D., Award-Winning Author

"Advice from that friend whose opinion and advice you trust."

~ Lana Gomez Maniscalco, Artist, Wife, Mom of 2

"By far one of the best parenting books I've ever read."

~ Lori B. Duff, Award-Winning Author

"Sue will show you how to raise happy kids who are ready for the world."

~ Michael Mataluni, Podcast Host & Digital Marketer

Sue is a mom of 4 (including triplets), founder of 3 businesses, military wife and Award-Winning USA Today Bestselling Author. Her **Ask Mom Parenting** platform has become sought after for teaching the partnership techniques that quickly bring harmony back into your home.

She knows how it feels to parent while submerged in stress, how to overcome and how to get the job done with humor and wisdom. If Sue can emerge triumphant, so can you – and she'll show you how.

In her 'free time,' Sue is also a mom to two dogs, she discovered a cure for hiccups and created a family recipe for sleep dust. She appreciates great comedy and is passionate about living healthy.



Ask Mom
PARENTING
WITH SUE DONNELLAN

Real talk.
No judgment.

AskMomParenting.com | Sue@AskMomParenting.com
Book: Amazon, Barnes & Noble, Kobo, Ingram Spark, D2D

To invite Sue to your podcast or hire her to speak to your group, please email Sue@AskMomParenting.com.



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TALK TOPICS

Does Every Child Do This, or Just Mine: Discover the 30+ most common behaviors you don't need to give a f^ck about. You get to let these go, they're normal and don't need parenting.

Handle Tantrums Like an Expert: Yours and theirs. Sue shares best practices for combining "no yelling" techniques with effective reactions to tantrums.

Greater Capability & Independence: Kids at any age are way more capable than any of us imagine. Discover tasks that can be easily delegated to children (including packing lunches and doing laundry). Yep, it's possible for those as young as five years old!

Turn on Your Phase Radar: Learn to recognize phases, when to pick battles (know when you're winning) and when to let go.

The "B" Word: It's not the parents' job to fix a bored state of mind or to entertain. When we curate an engaging environment, our kids can create.

Additional topics are available and may be customized for your audience. **Please email Sue@AskMomParenting.com for more information or to book.**

LINKS AND DETAILS

Sue has been featured internationally. She is available for interviews and podcasts, as well as keynotes and workshops for your audience.

- ❖ Recent Interviews, Podcasts and Media
- ❖ Podcast Snippets (youtube video)
- ❖ Website and Free Downloads
- ❖ Social Media: Facebook / Instagram
- ❖ Inquiries: Sue@AskMomParenting.com
- ❖ Buy the Book (additional links below)

RAVES ABOUT SUE'S MENTORING & TALKS

"Sue has a knack for seeing through details and cutting to the heart of the matter with clarity and humor."

"Sue is the real deal when it comes to logical and common sense based parenting hacks."

"I wish I could keep Sue in my back pocket to always have her with me!"



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