

Nanny Contracts

<https://www.care.com/homepay/sample-nanny-contract>

Postpartum Support International

<https://www.postpartum.net>

The Rainbow Letters

<http://www.therainbowletters.com>

I stumbled upon a few new-parent articles this week that seem relevant to our discussions this week.

<https://picklesandicecreamga.org/in-this-together-managing-partner-expectations/>

<https://www.npr.org/2021/09/17/1038055400/new-parenthood-help-hacks-first-year-tips>

<https://lifehacker.com/how-to-set-realistic-expectations-for-parenthood-1834224611>

Postpartum Swelling

<https://www.marchofdimes.org/pregnancy/your-body-after-baby-the-first-6-weeks.aspx>