

Book Suggestions

<https://www.goodreads.com/en/book/show/43522689-you-are-a-f-cking-awesome-mom>
<https://www.goodreads.com/en/book/show/42515531-good-moms-have-scary-thoughts>
<http://janceedunn.net/books/how-not-to-hate-your-husband-after-kids/>

Breastfeeding Resources

<https://kellymom.com/bf/pumpingmoms/pumping/milkcalc/>
<https://www.facebook.com/hm4hb/>
<https://milkbankne.org>
<https://kellymom.com/bf/pumpingmoms/milkstorage/lipase-expressedmilk/>
<https://www.sdbfc.com/blog/2012/9/4/battling-and-resolving-excess-lipase-in-breastmilk>
<https://www.cdc.gov/healthywater/swimming/swimmers/breastfeeding-in-pools.html>
<https://kellymom.com/bf/can-i-breastfeed/lifestyle/mom-activities/#hottub>

Pelvic Floor/Diastasis Recti

<https://www.foundationspelvichealth.com>
<https://www.lahey.org/lhmc/departement/gynecology/conditions-treatments/pelvic-floor-dysfunction/>
<https://www.verywellfamily.com/diastasis-recti-symptoms-risk-factors-diagnosis-treatment-and-coping-4774439>

Early Intervention

<https://www.mass.gov/orgs/early-intervention-division>
<https://www.massfamilyties.org/#EI>

Maternal Anxiety/Rumination

<https://www.psychologytoday.com/us/blog/dont-worry-mom/201206/mothers-anxiety>
<https://www.theguardian.com/lifeandstyle/2016/aug/06/the-mother-of-all-worries-why-do-women-fret-about-their-children-more-than-men-do>
<https://www.theoldermom.com/raising-a-child/how-to-trust-your-maternal-instinct-even-if-you-dont-have-one>

Baby Sleep Resources

<https://www.scarymommy.com/when-the-baby-sleeps/>
<https://www.whattoexpect.com/wom/first-year/what-mom-does-during-naptime/>
<https://www.npr.org/sections/health-shots/2019/07/15/730339536/sleep-training-truths-what-science-can-and-cant-tell-us-about-crying-it-out>
<https://www.sleep.org/sleep-training-babies/>
<https://www.slumberpod.com/blogs/our-blog/age-appropriate-awake-windows>
<https://www.instagram.com/babyoandi/>
<http://babyoandi.com>
<https://www.hatch.co/rest>

COVID Resources

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>
<https://emilyoster.substack.com/p/safety-lasagna>
<https://www.washingtonpost.com/opinions/2021/03/09/weve-adjusted-pandemic-life-now-we-face-anxiety-leaving-it-behind/>
<https://www.advisory.com/en/daily-briefing/2021/03/30/reentry-anxiety>

Relationships after having a baby

<https://www.thebump.com/a/maternal-gatekeeping>
<https://www.janetlansbury.com>
<https://dadgold.com/newborn-baby-tips-for-dads/>
<https://www.theatlantic.com/ideas/archive/2019/05/mothers-shouldnt-be-grateful-their-husbands-help/588787/>
<https://www.seleni.org/advice-support/the-daddy-blues-are-real>

<http://janceedunn.net/books/how-not-to-hate-your-husband-after-kids/>
<https://www.verywellfamily.com/new-parents-no-free-time-4774335>
<https://raisingchildren.net.au/guides/first-1000-days/looking-after-yourself/healthy-relationships-parents>
<https://www.psychologytoday.com/us/blog/between-you-and-me/201606/5-relationship-tips-new-parents>
<https://www.nytimes.com/article/fighting-after-baby-guide.html>

Family Activities

<https://www.mass.gov/locations/breakheart-reservation>
<https://biketothesea.org>
<http://www.tricomcommunitygreenway.org>
Stone Zoo Memberships
https://www.zoonewengland.org/discount?gclid=Cj0KCQjw38-DBhDpARisADJ3kjlwVkeKcHDF8P0jynNMclw69w7bnxw0BoBIQTfte9zlc_BfyNEDtW4aAtxOEALw_wcB
Endicott Park
<https://www.danversma.gov/departments/endicott-park/>

Maternity Leave

<https://www.workingmother.com/massachusetts-maternity-leave-everything-expectant-parents-need-to-know-about-new-paid-family-leave>
<https://www.masslegalhelp.org/employment-unemployment/time-off-personal-need>

Developmental Milestones

<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>
<https://www.healthline.com/health/baby/when-can-babies-hold-their-head-up>
<https://www.criterionchild.com>
<https://www.zerotothree.org>
Feeding Littles
<https://www.feedinglittles.com>

Just FYI, I stumbled across this website this morning. It gives you opportunities to participate in research studies with your child....mostly virtually.
<https://childrenhelpingscience.com>

Are the parenting books, apps, and articles making you anxious? Here are some interesting perspectives. I found the article in the Guardian to be particularly insightful. We are all looking for fixes, solutions, and help making the "right" decision....but what if there is no right or best answer? What if there is no real reason why baby is fussy or not sleeping well? Sometimes letting go means acknowledging that parenting is hard and babies are challenging - and it's not at all a commentary on how good of a parent we are.
<https://www.texaschildrens.org/blog/taking-wonder-weeks-grain-salt>
<https://www.theguardian.com/news/2018/jan/16/baby-advice-books-industry-attachment-parenting>
<https://www.nytimes.com/2020/04/15/parenting/baby/sleep-regression.html> (attached as a PDF as well)

Parenting Issues

<https://www.themothernuture.com/blog/2018/6/5/stop-comparing-yourself-to-other-moms>
<https://www.panda.org.au/info-support/after-birth/adjusting-to-parenthood/myths-vs-realities>
<http://purplecrying.info/sub-pages/protecting/myths-about-good-parenting.php>
<https://www.mindful.org/the-transformative-effects-of-mindful-self-compassion/>
<https://www.mother.ly/life/how-to-handle-unwanted-parenting-advice/1-listen-first>

We had an interesting discussion about the need for data and tangibles in parenting. I have opinions from two different sides of the coin below. The first link is to Emily Oster's book called Cribsheet. She has tons of data about parenting topics and I would say that most of her points should make you feel better about the decisions you make. The second article questions whether parenting data actually helps or hurts mothers.

<https://www.penguinrandomhouse.com/books/572658/cribsheet-by-emily-oster/>

<https://theriveter.co/voice/data-driven-parenting-kimberly-seals-allers/>

Mother's Day Prep

<https://www.realsimple.com/holidays-entertaining/holidays/mothers-day/first-mothers-day>

<https://www.fatherly.com/love-money/10-tips-for-celebrating-your-partners-first-mothers-day/>

<https://fathers.com/s7-hot-topics/c58-holidays-seasonal/good-dads-honor-moms-the-best-mothers-day-ever/>

Apple of My Eye Consignment

<https://www.appleofmyeye.us>