

Nanny Contract

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

Car Seat Safety

Officer Amy Rando at Wakefield PD has been a great resource over the years: <https://www.wakefieldpd.org/family-services>

Iron Supplementation - This would be a great question to ask your pediatrician at your child's next well-visit

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/diet-and-micronutrients/iron.html>

<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Vitamin-Iron-Supplements.aspx>

Humidifiers

<https://www.nytimes.com/wirecutter/reviews/best-humidifier-for-a-baby/>

Baby Poop

<https://health.clevelandclinic.org/the-color-of-baby-poop-and-what-it-means-infographic/>

Mom & Baby Yoga

The Energy Barre in Stoneham: <https://www.theenergybarre.com/familybiz>

Fit 4 Mom: <https://northshore.fit4mom.com>

Hinge Fitness: <https://hingefitness.com/prenatal-and-postpartum-fitness/>

Nose Frida - It's cold season and babies need help getting rid of snot. The Nose Frida has gotten good reviews in our group. Using a few drops of saline can help to loosen and/or moisten the mucous. <https://frida.com/products/nosefrida>

Box Breathing technique to help us through stressful moments....like when baby is crying in the car.

<https://www.verywellmind.com/the-benefits-and-steps-of-box-breathing-4159900>

Dream Feeds

<https://www.babysleepsite.com/sleep-training/dream-feed/>

Childproofing Checklist

<https://www.acf.hhs.gov/ecd/childproofing-checklist>

Flying with Baby

<https://www.verywellfamily.com/airplane-travel-with-baby-2759283>

This was recommended to me a couple of years ago: <https://www.preciouslittlesleep.com/airplane-travel-with-a-baby-ep-22/>

Baby State Babywearers

<https://www.baystatebabywearers.org>

Fit4Mom North Shore

<https://northshore.fit4mom.com/schedule>

Cold Weather Dressing

<https://findmykids.org/blog/en/cold-weather-dressing-tips-for-kids>

The Color Monster - Picture book about emotions

<https://www.amazon.com/Color-Monster-Story-About-Emotions/dp/0316450014>

Ages and Stages Questionnaire: There are screenings for both overall development and social-emotional development. It's a great way to get a snapshot of your child's development and get activities that will support their development as well.

<https://nsfamilynetwork.org/developmental-screening>

<https://www.asqonline.com/family/64a50c>

Starting Solids

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/when-to-introduce-solid-foods.html>

<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>

Nanny Shares

<https://www.northwesternmutual.com/life-and-money/tips-to-find-a-nanny-share-that-works-for-you/>

<https://www.nannylane.com/guide/family/hiring-your-nanny/tips-for-before-and-after-hiring-a-nanny>

Holiday Stress

<https://health.clevelandclinic.org/holiday-depression-and-stress/>

Zoo Lights

<https://www.zoonewengland.org/engage/zoolights/>

Potty Training

<https://www.verywellfamily.com/solving-potty-training-problems-2765015>

<https://parentingscience.com/potty-training-problems-prevention/>