**Practicing Self-Compassion**

<https://www.mindful.org/the-transformative-effects-of-mindful-self-compassion/>

**If any of you breastfeeding moms are lucky enough to have access to a hot tub - there is no reason why you can't enjoy a hot soak.**

<https://www.cdc.gov/healthywater/swimming/swimmers/breastfeeding-in-pools.html>

<https://kellymom.com/bf/can-i-breastfeed/lifestyle/mom-activities/#hottub>

**Tips from Early Intervention**

Early Intervention is a program that is funded through the Department of Public Health in Massachusetts and targets children from birth through age 3. The goal of EI is to teach parents how to best help their child achieve developmental milestones before reaching the educational system. Anyone can refer a child to EI, and no medical diagnosis is needed. EI centers will evaluate your child to determine if they qualify for services. EI offers home visits, on-site visits, and developmental playgroups.

We talked about tummy time and preventing baby’s from getting a flat head. Audry says to try and aim for position changes every 20-30 minutes while baby is awake. Try and alternate positions each time you put your baby in the crib or do a diaper change. Aim for 1-2 minutes of tummy time after each diaper change and remember that frequency of tummy time is more important than duration. Mirrors often provide good motivation.

Audry gave great tips about selecting toys:

* Choose toys that reinforce the principals of Cause and Effect
* Shape sorters, ring stackers, and stacking cups are great options
* Save “One and Done” toys, things that light up or make noise when pressing a button for the diaper bag or car. Babies get bored with these quickly

She also addressed the use of baby equipment:

* No walkers! They are not safe and do not help baby learn to walk.
* For jumpers: The height should be adjusted so that baby is standing flat-footed, not on their toes.
* Limit time in a particular piece of equipment to 20-25 minutes

**Criterion Website**

[https://www.criterionchild.com](https://www.criterionchild.com/)

**Early Intervention**

[https://www.mass.gov/orgs/early-intervention-division](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.mass.gov_orgs_early-2Dintervention-2Ddivision&d=DwMCaQ&c=XPypVFi-AjpQ1Pdtuebao1g9E1W81iUW-F8CHAyI5NY&r=B-kulXVKlzgTrF8j4LoufKfA0Qbv3T_2i9jbZtr7LFY&m=DepBfnad0KFxCo_oF4K2i7wSBiOABs4OQqkZRGyt1nM&s=6MDPMzi6VCF8Gf7MUx5TV4yWc9BnC08KsJNl0_yKwew&e=)

[https://www.massfamilyties.org/#EI](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.massfamilyties.org_-23EI&d=DwMCaQ&c=XPypVFi-AjpQ1Pdtuebao1g9E1W81iUW-F8CHAyI5NY&r=B-kulXVKlzgTrF8j4LoufKfA0Qbv3T_2i9jbZtr7LFY&m=DepBfnad0KFxCo_oF4K2i7wSBiOABs4OQqkZRGyt1nM&s=qhVTjF_r2SQ95F9miH6cN6XReDL6_0q1n7lpHCrBBmw&e=)

**Developmental Milestones from CDC**

<https://www.cdc.gov/ncbddd/actearly/milestones/>

**Birth To Three**

[https://www.zerotothree.org](https://www.zerotothree.org/)

**Feeding Littles**

<https://www.feedinglittles.com>

**Baby O and I – Sleeping Tips**

<https://www.instagram.com/babyoandi/>

<http://babyoandi.com>

**Stone Zoo Memberships**

<https://www.zoonewengland.org/discount?gclid=Cj0KCQjw38-DBhDpARIsADJ3kjlwVkeKcHDf8P0jynNMclw69w7bnxw0BoBIQTfte9zIc_BfyNEDtW4aAtxOEALw_wcB>

**Endicott Park**

<https://www.danversma.gov/departments/endicott-park/>

**Apple of My Eye Consignment**

<https://www.appleofmyeye.us>

**Sour-smelling Breastmilk**

<https://kellymom.com/bf/pumpingmoms/milkstorage/lipase-expressedmilk/>

<https://www.sdbfc.com/blog/2012/9/4/battling-and-resolving-excess-lipase-in-breastmilk>

**Handling Unwanted Parental Advice**

<https://www.mother.ly/life/how-to-handle-unwanted-parenting-advice/1-listen-first>

**Human Milk for Human Babies**

<https://www.facebook.com/hm4hb/>

**Mothers' Milk Bank Northeast**

<https://milkbankne.org>

**Re-entry Anxiety**

<https://www.advisory.com/en/daily-briefing/2021/03/30/reentry-anxiety>

**Starting Solids**

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

**100 days of darkness**

<http://www.themomdiaries.co.za/5093-2/>

**Expressed Milk Calculator**

[https://kellymom.com/bf/pumpingmoms/pumping/milkcalc/](https://urldefense.proofpoint.com/v2/url?u=https-3A__kellymom.com_bf_pumpingmoms_pumping_milkcalc_&d=DwMCaQ&c=XPypVFi-AjpQ1Pdtuebao1g9E1W81iUW-F8CHAyI5NY&r=B-kulXVKlzgTrF8j4LoufKfA0Qbv3T_2i9jbZtr7LFY&m=DepBfnad0KFxCo_oF4K2i7wSBiOABs4OQqkZRGyt1nM&s=6EC0OriNCMbn-UuBluK3IEFMH2fgP5xBT48odBYNIK4&e=)

**Pelvic Floor/Diastasis Recti**

[https://www.foundationspelvichealth.com](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.foundationspelvichealth.com&d=DwMCaQ&c=XPypVFi-AjpQ1Pdtuebao1g9E1W81iUW-F8CHAyI5NY&r=B-kulXVKlzgTrF8j4LoufKfA0Qbv3T_2i9jbZtr7LFY&m=DepBfnad0KFxCo_oF4K2i7wSBiOABs4OQqkZRGyt1nM&s=-Vtn7uMMcfeIMkXG8xsMxLoaHknI3iaODWyOEV5d34k&e=)

[https://www.lahey.org/lhmc/department/gynecology/conditions-treatments/pelvic-floor-dysfunction/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.lahey.org_lhmc_department_gynecology_conditions-2Dtreatments_pelvic-2Dfloor-2Ddysfunction_&d=DwMCaQ&c=XPypVFi-AjpQ1Pdtuebao1g9E1W81iUW-F8CHAyI5NY&r=B-kulXVKlzgTrF8j4LoufKfA0Qbv3T_2i9jbZtr7LFY&m=DepBfnad0KFxCo_oF4K2i7wSBiOABs4OQqkZRGyt1nM&s=qS0wd_PUaW-p85mbx0Uq-gF7VMP9Acx05eSIQKlxFO8&e=)

[https://www.verywellfamily.com/diastasis-recti-symptoms-risk-factors-diagnosis-treatment-and-coping-4774439](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.verywellfamily.com_diastasis-2Drecti-2Dsymptoms-2Drisk-2Dfactors-2Ddiagnosis-2Dtreatment-2Dand-2Dcoping-2D4774439&d=DwMCaQ&c=XPypVFi-AjpQ1Pdtuebao1g9E1W81iUW-F8CHAyI5NY&r=B-kulXVKlzgTrF8j4LoufKfA0Qbv3T_2i9jbZtr7LFY&m=DepBfnad0KFxCo_oF4K2i7wSBiOABs4OQqkZRGyt1nM&s=pfM_I3k_SlI84TEACt0zS4_R_30sQv4RwlkYf7_wdUk&e=)

**Teething Tips**

<https://health.clevelandclinic.org/teething-101-4-pediatrician-approved-ways-to-soothe-a-teething-baby/>

**Being Touched Out/Mental Burnout and Exhaustion of Parenthood**

<https://www.theatlantic.com/health/archive/2012/01/how-to-enjoy-the-often-exhausting-depressing-role-of-parenthood/250901/>

<https://www.mother.ly/life/why-some-moms-feel-touched-outand-how-to-fix-it>

<https://psychcentral.com/blog/exhausted-mothers-its-not-your-fault-that-you-feel-like-this#2>

**Happy Nappy Swim Diapers**

<https://www.amazon.com/Splash-About-Improved-Cobalt-Months/dp/B071L1PMDW>

We've been talking a lot about the mental exhaustion of parenting - even when our partners are helping out. This article does an amazing job of breaking it down. They define mental labor as being comprised of four steps: anticipate, identify, decide, and monitor. Mothers tend to do way more of the anticipate and monitor steps - the article describes it as women's antenna are always up. Dads tend to be happy to help once problems are pointed out to them, but it's still the mothers that are mentally "on" all the time.

<https://www.nytimes.com/2021/04/21/parenting/women-gender-gap-domestic-work.html>