

Book Suggestion: *You are a F*cking Awesome Mom*. I love it from the title already 😊

<https://www.goodreads.com/en/book/show/43522689-you-are-a-f-cking-awesome-mom>

Baby Wearing

Bay State Babywearers: <https://www.baystatebabywearers.org>

Sakura Bloom Carriers: <https://sakurabloom.com>

Solly Baby Wraps: <https://sollybaby.com>

Taking baby out in the cold: Lots of different perspectives here...one article says take caution when the temperature reaches -13!!

<https://www.verywellfamily.com/when-can-my-newborn-go-outside-289876>

<https://www.bbc.com/news/magazine-21537988>

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Cold-Weather-Safety.aspx>

<https://www.calgaryschild.com/health-and-safety/safety/654-baby-its-cold-outside-protecting-your-kids-from-the-chill-this-winter>

Tummy Time Tips

<https://pathways.org/topics-of-development/tummy-time/>

<http://mamaot.com/tips-for-making-tummy-time-a-little-less-um-miserable/>

One of our moms sent me another **hands-free breast pump option** and your insurance may cover it!

[https://www.edgeparkbreastpumps.com/home-](https://www.edgeparkbreastpumps.com/home-mobile?z=&utm_source=Adwords&utm_medium=PPC&utm_campaign=CAH_HatH-BreastPumps_Gen_Search_Branded_Broad_Edgepark&utm_term=%2Bedgepark%20%2Bbreast%20%2Bpumps&utm_content=BreastPump&rc=EPBPGPPC)

[mobile?z=&utm_source=Adwords&utm_medium=PPC&utm_campaign=CAH_HatH-](https://www.edgeparkbreastpumps.com/home-mobile?z=&utm_source=Adwords&utm_medium=PPC&utm_campaign=CAH_HatH-BreastPumps_Gen_Search_Branded_Broad_Edgepark&utm_term=%2Bedgepark%20%2Bbreast%20%2Bpumps&utm_content=BreastPump&rc=EPBPGPPC)

[BreastPumps_Gen_Search_Branded_Broad_Edgepark&utm_term=%2Bedgepark%20%2Bbreast%20%2Bpumps&utm_content=BreastPump&rc=EPBPGPPC](https://www.edgeparkbreastpumps.com/home-mobile?z=&utm_source=Adwords&utm_medium=PPC&utm_campaign=CAH_HatH-BreastPumps_Gen_Search_Branded_Broad_Edgepark&utm_term=%2Bedgepark%20%2Bbreast%20%2Bpumps&utm_content=BreastPump&rc=EPBPGPPC)

Evidence-based Pregnancy and Parenting Newsletter

<https://emilyoster.substack.com>

CDC Pregnancy Toolkit

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/pregnant-people-and-new-parents.html>

Friendships during COVID

[https://www.huffpost.com/entry/moms-friendships-relationships-coronavirus-](https://www.huffpost.com/entry/moms-friendships-relationships-coronavirus-pandemic)

[pandemic | 60142c27c5b6bde2f5bee839?hx&?ncid=newsltushpmsgvoices_Parents](https://www.huffpost.com/entry/moms-friendships-relationships-coronavirus-pandemic)

<https://www.huffpost.com/entry/mental-health-advice-to->

[ignore | 60104d02c5b6a0814272162d?ncid=newsltushpmsgnews](https://www.huffpost.com/entry/mental-health-advice-to-)

Jbrary Diaper Changing Songs

<https://www.youtube.com/playlist?list=PLcw3Y8sV0xpui-WuH2kM5ba8BJVJill14>

Nursing Busy Box/Basket for Older Siblings

<http://www.fromthestartdoula.com/blog/big-siblings-and-newborn-feedings>

Hatch Rest: Noise Machine and Night Light

<https://www.hatch.co/rest>

My Three Photography

<https://www.mythreephotography.com>

Como Tomo Bottle

<http://www.comotomo.com/portfolio/babybottle/>

Tubby Todd Cradle Cap Ointment

<https://tubbytodd.com/blogs/tubby-blog/4-steps-for-treating-cradle-cap>

<https://tubbytodd.com/collections/skin/products/all-over-ointment>

Electric Nail File

<https://littlemartinsdrawer.com/products/little-martins-nail-trimmer>

Pandemic Fatigue

<https://www.nytimes.com/interactive/2021/02/04/parenting/working-moms-coronavirus.html>

<https://health.ucdavis.edu/health-news/newsroom/covid-fatigue-is-hitting-hard-fighting-it-is-hard-too-says-uc-davis-health-psychologist/2020/07>

Pandemic Pregnancy/Maternity Leave

<https://www.nytimes.com/2020/12/14/parenting/pregnancy/pregnant-with-coronavirus.html>

<https://www.popsugar.com/family/what-it-was-like-to-be-on-maternity-leave-during-covid-19-47578960>

Baby Naps - I usually frown on sleep advice from folks that sell baby products, but article is pretty realistic (like naps can range from 15 minutes to 3 hours)

<https://www.nestedbean.com/pages/baby-nap-schedules>

Parental Adjustment

<https://theeverymom.com/its-normal-to-miss-your-baby-free-life/>

<https://www.mother.ly/life/sometimes-i-miss-my-life-before-kids>