

Babywearing/Maternity Coats

<https://www.apeainthepod.com/products/modern-eternity-harper-3-in-1-maternity-coat-cocoon-mid-thigh-r83786>

<https://www.seraphine.com/en-us/parenthood/babywearing-coats/>

<https://makemybellyfit.com>

It's always worth giving Apple of My Eye Consignment a call if you are looking for a coat like this (<https://www.appleofmyeye.us>)

Comparing Feelings/Problems

<https://www.verywellmind.com/why-comparing-feelings-isnt-helpful-5095152>

Sleep Regression/Separation Anxiety

<https://www.sleepfoundation.org/baby-sleep/18-month-sleep-regression>

<https://www.stanfordchildrens.org/en/topic/default?id=separation-anxiety-90-P02283>

Rapid At-Home COVID tests

<https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

<https://www.covidtests.gov> (don't miss out on your free tests!)

WIC Infant Feeding Guide

https://wicworks.fns.usda.gov/sites/default/files/media/document/Guidelines_for_Feeding_Healthy_Infants_Job_Aid.pdf

The BBC produced two short videos about how motherhood changes your body and brain. We talked this morning about how motherhood really seems to rewire our brains and changes the way we respond to different situations. It turns out, that's really true.

<https://www.bbc.com/reel/playlist/a-mothers-brain>

One of our friends was having a great time gnawing on these cute teething toys. Just an FYI if you've got a little one working on some new teeth.

https://www.amazon.com/Giggles-Haven-Teething-Toys-5-Pack/dp/B07YCXJ7JS/ref=sr_1_3?crid=28GR2RAJESV3E&keywords=fruit+shaped+teethers&qid=1643649314&srefix=fruit+shaped+teethers%2Caps%2C66&sr=8-3

Ages and Stages Developmental Screening

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

Weaning Tips: Not lots of helpful articles on the internet. The biggest thing is to take it very slowly. You can use ice packs or cold cabbage leaves to help relieve pressure.

<https://www.medela.us/breastfeeding/articles/8-tips-for-weaning-your-baby>

Nested Bean Zen Sleeper

<https://www.nestedbean.com/products/zen-sack-classic>

Postpartum Insomnia

<https://healthblog.uofmhealth.org/womens-health/insomnia-and-postpartum-depression-when-a-new-moms-sleep-loss-turns-perilous>

<https://www.mother.ly/life/postpartum-insomnia-is-real-and-heres-what-you-can-do-about-it/>

Federation for Children With Special Needs

<https://fcsn.org>

Learning to Like New Foods

<https://www.newyorker.com/magazine/2019/11/25/can-babies-learn-to-love-vegetables> (VERY long)

<https://www.zerotothree.org/resources/1072-how-to-handle-picky-eaters>

Feeding Littles

<https://feedinglittles.com>

A thought-provoking article about marriage, children, and happiness

<https://emilyoster.substack.com/p/marriage-happiness-declines-with?token=eyJ1c2VyX2kljoxMzQwNzY4MSwicG9zdF9pZCI6NDg2NzZmZnJQsll8iOirWEIudilsImIhdCI6MTY0NDg2NjU0MywiZXhwIjoxNjQ0ODcwMTQzLCJpc3MiOiJwdWltMjk3NzAiLCJzdWliOiJwb3N0LXJlYWNoaW9uIn0. 1-OM-x6gKws2-kVEUqQEEUydarguLz1npAvlyO5gVA>

Traveling with Baby

<https://www.preciouslittlesleep.com/airplane-travel-with-a-baby-ep-22/>

<https://www.travelingmom.com/flying-with-baby/>

<https://wanderwisdom.com/packing-prep/Traveling-With-a-One-Year-Old-The-Best-Travel-Tips-and-Toys>

Parenting and Dealing with Illness

<https://confidentparentsconfidentkids.org/2020/03/10/parenting-and-dealing-with-illness/>

YMCA - Melrose Child Watch Schedule

<https://www.ycametronorth.org/child-watch-schedules/>

Try, Try Baby Facebook Group - Baby Gear Lending Library

<https://www.facebook.com/groups/942815023146293>

Melrose Family Room

<https://melrosefamilyroom.org>

Family Resource Network Resource Guide - Has everything from places to get ice cream to farms to playgrounds

<https://nsfamilynetwork.org/resources>

Bay State Babywearers - They have a lending library of carriers

<https://www.baystatebabywearers.org>

Pelvic Floor Physical Therapy

<https://fitzgeraldpt.com>

<https://bostonpelvicpt.com>

SpoonfulOne - Early allergen introduction

<https://www.spoonfulone.com>

Department of Early Education and Care - Finding a licensed provider

<https://www.mass.gov/guides/find-a-licensed-family-group-or-school-age-child-care-program>

Baby State Babywearers

<https://www.baystatebabywearers.org>

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

Nap-time Binge-watching Recommendation

<https://www.netflix.com/title/81015514>

First Shoes

<https://www.striderite.com/>

<https://www.robbee.com>