

Eating Dinner Early

<https://www.bostonglobe.com/2020/12/11/lifestyle/eating-dinner-ridiculously-early-youre-not-alone/>

Child Discipline - Discipline can sound scary and tends to have a negative connotation; however, discipline really is just establishing a framework for the behavior you expect from your child. Once boundaries are established, your child has freedom to explore and enjoy inside those boundaries. For example, it is perfectly acceptable for baby to touch you in a gentle way, but if they are hitting, biting, pinching, then they've gone outside the boundary that you've established.

<https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Disciplining-Your-Child.aspx>

<https://kidshealth.org/en/parents/discipline.html>

<https://www.zerotothree.org/parenting/discipline-and-limit-setting>

Newborn Sleep

<https://www.zerotothree.org/resources/11-coping-with-sleep-challenges-birth-to-3-months>

<https://www.verywellfamily.com/how-to-survive-and-thrive-when-you-re-sleep-deprived-4767938>

<https://www.verywellfamily.com/newborn-sleep-why-its-unpredictable-284560>

Centre Yoga: I received a recommendation for this yoga studio in Peabody. They have virtual and in-person classes, perfect for postpartum moms.

<https://www.centreyogastudios.com>

Kinda Guide: I think this site requires signing up, but all the information is free and it's geared toward parenting during the pandemic. They have a good article about ideas for spending time with your baby.

<https://kindaguide.org>

<https://kindaguide.org/ask-a-navigator/what-should-i-do-with-my-baby-all-day?page=1&>

Threenager Tips from the Kinda Guide:

<https://kindaguide.org/ask-a-navigator?page=1&>

Don't Carpe Diem: This is an old article that I remember resonated with me when I was in the blur of sleepless nights, diapers, and tantrums with my own kids. Our conversation today reminded me of this.

https://www.huffpost.com/entry/dont-carpe-diem_b_1206346

Safer Bed Sharing

<https://cosleeping.nd.edu/safe-co-sleeping-guidelines/>

<https://www.lli.org/the-safe-sleep-seven/>

<https://www.npr.org/sections/health-shots/2016/10/25/499290404/new-guidelines-acknowledge-the-reality-babies-do-sleep-in-moms-bed>

Hands-Free Pumping

<https://shop.willowpump.com>

Lactation Cookies - No Bake Bites

<https://thebakermama.com/recipes/no-bake-lactation-bites/>

Boobie Bark...so funny!

<https://www.boobiesuperfoods.com/collections/lactation>

Baby Shusher

https://babyshusher.com/?gclid=CjwKCAiA9bmABhBbEiwASb35VxPfu90caNQOy9bDb9-8MS2KvDcVv6wl4eelWFx6QB83YgwwQ3kWeRoCXe8QAvD_BwE

Room Sharing/Noisy Sleepers

<https://www.verywellfamily.com/baby-sleep-sounds-4691679>

<https://www.health.harvard.edu/blog/the-pros-and-cons-of-having-your-baby-sleep-in-your-room-2017060611855>

<https://drcraigcanapari.com/room-sharing-infancy-isnt-necessary-for-safe-sleep/>

An article about improving mental focus....which can be extra tough while working and parenting from home.

[https://www.verywellmind.com/things-you-can-do-to-improve-your-mental-focus-](https://www.verywellmind.com/things-you-can-do-to-improve-your-mental-focus-4115389?utm_campaign=list_stress&utm_medium=email&utm_source=cn_nl&utm_content=22623797&utm_term=list_gl_dt_vm-footer)

[4115389?utm_campaign=list_stress&utm_medium=email&utm_source=cn_nl&utm_content=22623797&utm_term=list_gl_dt_vm-footer](https://www.verywellmind.com/things-you-can-do-to-improve-your-mental-focus-4115389?utm_campaign=list_stress&utm_medium=email&utm_source=cn_nl&utm_content=22623797&utm_term=list_gl_dt_vm-footer)