

Five to Thrive

*Favorite books and podcasts
for parental leave*

Books

WHAT ABOUT US? BY KAREN KLEINMAN

Baby stress is real - here's how to stay close, talk it out, and keep the love strong.

MOM BRAIN BY ILYSE DOBROW DIMARCO

Science based strategies to cope with common challenges and make peace with your new identity.

I'LL SHOW MYSELF OUT BY KAREN KLEINMAN

A funny, honest look at motherhood, blending laughs with real talk on identity, aging, and the chaos of parenting.

HAPPIEST BABY ON THE BLOCK BY DR. HARVEY KARP

Practical and useful tips for soothing and comforting babies, and unlocking the key to sleep

THE FOURTH TRIMESTER BY KIMBERLY ANN JOHNSON

Practical advice and support for postpartum's physical and emotional journey, from birth prep to everyday life

Podcasts

BIG TIME ADULTING

A funny, "no-nonsense" podcast on parenting, relationships, lifestyle, etc.

THE MOMS ARE ALRIGHT

Perinatal psychologists host expert interviews on pregnancy and motherhood—to inform, support, and help you feel less alone.

ASK THE DOULAS

Explore life after birth with tips from doulas and experts on newborn care, sleep, lactation, and postpartum mental health - this podcast you feel supported and strong through it all.

MAMA WORK IT

For working moms doing all the things—get weekly tips, motivation, and laughs to help you crush your goals, even when you're busy, tired, and overwhelmed.

AFTER BEDTIME

After Bedtime is your no-filter village, with real talk, laughs, and practical tips for the messy stuff. You're not alone...you're actually crushing it.