



# Families of Waystar

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## WORKING PARENTS

### Articles

- <https://www.brighthorizons.com/family-resources/Articles/BH-Parenting-Blog/5-Strategies-to-Ease-Working-Mom-Guilt>
- <https://www.brighthorizons.com/family-resources/Articles/BH-Parenting-Blog/using-mom-skills-at-work>
- <https://www.brighthorizons.com/family-resources/Articles/E-News/reducing-stress-returning-to-office>
- <https://www.brighthorizons.com/family-resources/Articles/BH-Parenting-Blog/letter-to-working-parents>
- <https://www.brighthorizons.com/newsroom/archive/modern-family-index-2018>
- <https://www.workingmomsagainstguilt.com/working-mom-resources/>

### Books

- [https://www.amazon.com/Lean-In-Sheryl-Sandberg-audiobook/dp/B00B3Z5U0G/ref=sr\\_1\\_1?keywords=Lean+In%3A+Women%2C+Work%2C+and+the+Will+to+Lead+by+Sheryl+Sandberg&qid=1650555130&sr=8-1](https://www.amazon.com/Lean-In-Sheryl-Sandberg-audiobook/dp/B00B3Z5U0G/ref=sr_1_1?keywords=Lean+In%3A+Women%2C+Work%2C+and+the+Will+to+Lead+by+Sheryl+Sandberg&qid=1650555130&sr=8-1)
- **Mother's Day Gift Idea:** <https://www.amazon.com/Dissent-Ruth-Bader-Ginsburg-Makes/dp/1481465597>
- **Mother's Day Gift Idea:** [https://www.amazon.com/Girl-Wash-Your-Face-Rachel-Hollis-audiobook/dp/B077GZBL1Y/ref=sr\\_1\\_1?crid=2RXDLRZD28I43&keywords=girl+wash+your+face+rachel+hollis&qid=1650893909&srefix=girl+washes%2Caps%2C370&sr=8-1](https://www.amazon.com/Girl-Wash-Your-Face-Rachel-Hollis-audiobook/dp/B077GZBL1Y/ref=sr_1_1?crid=2RXDLRZD28I43&keywords=girl+wash+your+face+rachel+hollis&qid=1650893909&srefix=girl+washes%2Caps%2C370&sr=8-1)
- **Mother's Day Gift Idea:** [https://www.amazon.com/dp/B07NS8Y21W?plink=tYq0FSgp9BE7S74T&ref\\_=adblp13nvvx\\_0\\_1\\_ti](https://www.amazon.com/dp/B07NS8Y21W?plink=tYq0FSgp9BE7S74T&ref_=adblp13nvvx_0_1_ti)

### Apps / Parenting resource

- <https://www.cozi.com/>
- <https://community.babycenter.com/>
- [www.care.com](http://www.care.com)

### Podcasts

- <https://lauravanderkam.com/podcast/>
- <https://music.amazon.com/podcasts/e643df34-3ffc-42d9-9df9-d73e48d4c9f7/mother-honestly-podcast>