

Download The Mommy Survival Guide Making The Most Of The Mommy Years

You think love is a battlefield, Pat Benetar? How about motherhood?! Sleepless nights, nonstop nursing, diaper change after diaper change.... A new mom needs an arsenal of weapons to combat the new challenges she faces. So, I present to you, the New Mommy Survival Kit: First, let me introduce you to the recipient of this New Mommy Survival Kit: my dear friend, Laura! This is the second installment in my What are Fermented Foods? series where I explain why I love kefir and what are kefir grains. I started making my own kefir from live kefir grains about 2 months ago after many false starts. I tried drinking kefir back when I started eating an unprocessed, traditionally prepared real food diet about a year ago and it didn't sit well with me. It's the most wonderful time of the year... But you know that's not always the case. For kiddos that thrive on routines, face behavioral challenges, get overwhelmed quickly, need special diets, and more, facing the holiday season can fill a special needs parent with dread. Fetlife Survival Guide for Newcomers: Part 2 – Thinking about meeting someone to play, shared with permission of and written by 2Jays [...]