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Gifted parents guide

Photo My friend Joy's New Parenting is an isolating experience. You're not simply adding a new piece to the puzzle of your life, but rather feel as if this little person has shaken up all the existing pieces that you've spent decades fitting together, and now you need to start again from scratch. You're tired, you're lost, and you smell a little funky. It's hard to remember there were others there. That's why I tore it up when my friend Joy shared this picture in a tote bag (next to her oh-so-adorable daughter Drew). It's not just a tote bag-it's a new parent Traveling Tote Bag, full of the essence of this beautiful, brutal, absurd first months of life for a newborn. The bag has been through 12 different homes so far since 2013. The way a new parent Traveller Tote Bag works: When it arrives, buyers can add the baby's name and date of birth (or do so when the baby is born) and then get to use what's inside, this bag contains items such as What to expect from carrying, a pair of leather baby's masine, a hospital robe and a notebook full of thoughtful new notes from Mama. (Her bag was mother-specific, but the idea doesn't need it. Some goods remain permanently in the bag, but when parents are ready to pass it on to the next family, they can contain even more things that they found useful. I added a bottle of Purell, Dermabond spray, Korean face masks, and thank you cards, Joy says. The bag is amazing and really helps you feel supported. I love this idea, it really helps create that village that new parents crave. The point I made myself is this nipple cream (which is way better than the stuff they give for free in the hospital), the scrunchie (when I breastfed in the middle of the night, I always wish I had a soft scrunchie) and a small pile of note cards with my favorite new-parent wisdom (e.g. I don't have to savor every moment, It's okay if you whisper: What is it? 32 times a day and if any of these onesies are head-to-toe buttons , burn them immediately). What would you add?