

The Fifth Trimester

**The Working Mom's
Guide to Style, Sanity, &
Big Success After Baby**

Lauren Smith Brody

Read by Allison Ryan • An Unabridged Production

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The Fifth Trimester is your brand-new best friend: a brilliant, no-BS guide that helps moms deal with the needs of the real world following the baby arrives. The first three trimesters (and the fourth - those blurry newborn days) are for the infant, but the fifth trimester is once the working mom is born. No matter what the job or the method that you define work, you're going to have a lot of questions. Predicated on interviews with 700+ candidly speaking moms in wildly varied fields and incredible professional advice, The 5th Trimester tackles every personal and professional detail with the wit, warmth, and inspiration you have to win when you return to work. What's your best option for childcare? How can I achieve 50/50 at home with my partner? Flex time or full time? How must i manage that initial "I would like to quit" attack? Is it possible to appear to be I slept for eight hours instead of three? And why is there never a convenient space to pump? Whether you're in the ultimate stages of pregnancy or striking the panic switch on your own last day of leave, The 5th Trimester is your one-stop shop for the honest, funny, and comforting tips, to-do lists, and take-charge strategies you will have to embrace your brand-new identity as an operating parent and place yourself up for success. When am i going to go back? Like What things to Expect IF YOU ARE Expecting and The Happiest Baby on the market, this is an indispensable guide every new mom needs on her shelf.



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Must-read for all functioning mothers! This book is all the things a book for new moms should be: easy to read, friendly, relatable, engaging, well-written, thoughtful. Lauren Smith Brody includes a present of writing things that are simple yet profound; I found myself flipping through the webpages quickly and learning new tips and mindset shifts atlanta divorce attorneys chapter. 20 years of knowledge in publishing and as the executive editor of Glamour magazine will make you an expert writer! Some of my favorite parts of the publication included: (1) The checklist on how best to pick a childcare company and how exactly to decide whether to go with a nanny or a daycare, predicated on your emotional requirements and the logistics of your everyday life, rather than just on what the caregiver or center ostensibly provides. (2) I came across the practical tips on how to appearance well-rested (even though you are not) — I learned a few new tips about how exactly to get ready in under five minutes in the morning. I would also Strongly suggest it in case you are thinking about starting a family or even well once you experience you have mastered "work-life" balance. In all, highly recommend this and have sent this to many of my friends who are becoming parents for the very first time! Just bought three even more! There is so very much to love about this book! Then buy several extra for your friends.. The bonus, though, is that this best friend has done exhaustive research about most of the issues that overwhelm women as they launch themselves back into the working world. From salary negotiation to lip gloss, the writer addresses it all. What I love most concerning this book, honestly, is definitely how it navigates the myriad controversial conditions that women encounter (sleeping, feeding etc.) without ever feeling judgmental or preachy. The world requirements this book! Every mom needs this Whether an initial time or repeat mother, this is your manual. Ideal for mid-level professional moms! To be very clear, this book is generally for hetero, middle to upper course ladies in middle or upper administration at a mainly traditional work place. That limitation of audience is certainly problematic, but within that audience, this publication is stellar. I wish I would have had this book when 1st transitioning back to work after leave. Recommending to all or any my new mother/mom-to-be friends Highly recommend! I actually got notes as I read, which is something I haven't finished with a nonfiction book in awhile. In addition, it is only a good motivational go through (I imagine especially if you are on leave, or just returned to work!) you are not by yourself, and other moms are experiencing similar struggles. While the author's encounter is even more corporate than mine, I think her advice is useful across virtually all professions. And section of her approach is merely to assist you make peace with your scenario and the choices offered to you. It's also inspired me to observe how I can better support mothers in my office. There is a unusual section on skincare that felt a touch too women's magazine to me (though the author was the editor of Glamour). A few the tales or interviews seemed a little shoe-horned in as a tip towards diversity, but their inclusion is preferable to not having working-course mother's voices noticed at all. One of the best parts is her championing of the next generation of working mothers. Not only is it filled with practical tips for success, but you leave this reserve feeling supported & most importantly NOT BY YOURSELF in this process. She couples expert advice with the wisdom of over 700 mothers whom she interviewed from all walks of lifestyle. Certainly something most of us occasionally need reminding of in the office. so much so that it brings tears to my eyes as I examine it since it transports me back again to this time of my life so vividly. You feel like you are sitting together with your companion, getting tea and guidance.. A must-read for all new (or repeat) working parents! I've made the changeover back into the work force 3 times, after each of my boys were born. Please, do yourself a favor and buy this book.. My only complaint is that this book didn't turn out earlier in time for my very own "Fifth Trimester. If you are returning to work after having kids (or . I am buying it or recommending it to every mother I know. I only wish I acquired this resource when my boys had been born. But my youngest is normally 2, and I still found many helpful hints and supportive concepts within these chapters. An intensive, realistic guide to time for work after your globe is turned upside-down by the arrival of your small bundle of joy. Addresses the mental, emotional, and physical difficulties of returning to work. Additionally, there are a few funny horror tales that put your own

work-related problems into perspective. Browse it eventually! If you are returning to work after having kids (or even considering it), you need to read this book. Lauren Smith Brody writes with compassion and humor about the changeover back to work after maternity leave. When there is one enduring lesson from the publication, it is don't become ashamed for being a mom. She tackles everything from the one-minute-postpartum-beauty-routine to the all-too-common world of postpartum major depression and stress -- bravely sharing her very own encounters and vulnerability. And through everything she is a tireless advocate for better family members leave policies and better work environments for moms. This book will be your guidebook through your 5th Trimester, and it could also be considered a wonderful gift for households navigating the transition. Essential Reading for Returning to Work As a fresh mother with a short maternity keep, the panic and mystery around time for function has been hard. Great gift for new parents Provide this to all expectant and new Mom's plus they love her words of wisdom and humor The Best Instruction for the Back-to-Work Transition This book ought to be required reading for any working mom." I have no doubt my experience would've been much easier. It has produced me feel like I can do that and for that, I am immensely grateful. Don't return back from maternity (or paternity!) leave without reading this book!. The writer artfully weaves in anecdotes from real women with impressive careers making it function. That being present and vocal about operating while managing a baby/family members, and the challenges which come alongside it, pave the way for better situations for those who follow us.(3) The emotionally relevant & most important question: ask friends and family not in the event that you "look like yourself," but if you "seem like yourself," because the transition to learning to be a working mother is such an enormous, huge thing, and it's essential we stay attuned not only to our physical selves, but our overall well-being. This book presents a candid, thoughtful and engaging look at what returning to work should and may be. Brody's smart coining of the "fifth trimester" highlights a period that has historically been sorely overlooked. I simply wish I had read this before my first child. I've began gifting it to all or any mom friends when they return to work! Got me two more weeks of maternity leave I've become a zealot concerning this book - I literally recommend it to everyone I know. Even men, in case they understand a pregnant woman someday, or come across one on the road. My mom has noticed me sing its praises therefore much that she in fact told a random pregnant female in Panera about any of it the other day, because she sensed she acquired to. I'll be adding it to all or any my upcoming baby shower celebration gifts. It's a comprehensive guide for the working mother - and if you are a new mom returning to work, trust me, you NEED a guide. Because of Brody, I visited my supervisor with a plan, and my request was granted. I would not have got the courage or the various tools to talk to without this book. Brody's reserve, written in a lovely and engaging conversational design, gave me self-confidence to require what I needed, authorization to buy bigger pants and extra pump parts, compassion for my still-recovering personal, and - most significantly - the guts to demand more time off, which I knew in my center I needed. This reserve is spot on. Lauren Smith Brody's composing style is indeed conversational; It truly is that helpful. Read the whole book before you decide Helped me decide I wasn't actually all set back full time. Now that I'm back part time, it's helpful for information on pumping and wardrobe. LOVE! When you have type A personality like me and prefer to be ready for everything, this publication is for you! It is very uplifting and encouraging and comprehensive. The back-to-work changeover is a significant one, which book offers an ideal mixture of reassurance, encouragement and commiseration. Great read for tips I only wish I read this before We went back to function after maternity keep. Many many good strategies for my second kiddo. Insightful and honest, it certainly helps to understand that you're not the only one struggling and that's Ok. Great read for tips, tricks, or simply someone to relate to. When you have to get back to work, you will need this book. I'm so glad to have found this book while on maternity keep. I have been so anxious about heading back to work but this reserve makes me believe it might actually be okay. There are several parts which are overwhelming or not a good fit. This is a must-go through for fresh working moms. With all the current books I read about baby,

this was a resource I didn't understand I needed. I ordered three more to give to friends!



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