

The Early Years

Emma Hughes |
Nurtured by Emma



Literature

Hunt, Gather, Parent by Michaleen
Doucleff
(*if you read ONE parenting book,
let it be this)

Elevating Child Care
by Janet Lansbury

No Bad Kids by Janet Lansbury

Balanced and Barefoot by Angela
Hanscom

The Danish Way of Parenting by
Jessica Joelle Alexander

There's No Such Thing as Bad
Weather by Linda McGurk

The Importance of Being Little by
Erika Christakis

Simplicity Parenting by Kim John
Payne

The Happiest Kids in the World by
Michele Hutchison

Resources

Podcasts:

- Unruffled by Janet Lansbury
- 1000 Hours Outside

Instagram:

- @shantripp : (watch her choking highlights)!
- @solidstarts | @feedinglittles | @boobtofood: all things weaning, starting solids, and nutrition in the early years
- @janetlansbury | @seed.and.sew | @nurturedfirst | @selfsufficientkids | @transformingtoddlerhood | @curious.parenting | @justtheinserts @themompsychologist | @parentingtranslator | @kindly.haley
- @flourishinghomesandfamilies : gentle parenting from a Christian perspective
- @1000hoursoutside | @rainorshinemama : a movement for those who want a slower childhood and fuller life
- @busytoddler : Susie is the best, trust me on this one, you don't need to do activities (I do absolutely none) but her perspective on parenting is amazing
- @raisingwellkids : empowering parents to raise well kids / reduce toxins