

Podcasts

Nannying

- Adventure Nannies on Air - Adventure Nannies is a prestigious agency that produces really amazing podcast episodes. This podcast is such a great tool to learning the ins and outs of the industry.
- A Nanny's Life - Amber's podcast feels like a warm hug. She is such a wealth of knowledge, and we are so lucky to have her in our nanny community! Her poddy will make you feel seen, comforted, and sometimes confront parts of you that really make you want to do better.
- The Chronicles of Nannya - While this podcast is no longer airing episodes, I strongly urge you to go back and listen to every single episode. Martha and Cady are such a treat to listen to, and everything that they have to say is so worthwhile to your educational journey into nannying. One of my favorite episodes is episode 86. Nutrition for Nannies! It's a MUST listen!
- Real Talk with Tonya Sakowicz - This is another podcast that is no longer airing, but Tonya Sakowicz is the owner of Newborn Care Solutions, a company that offers a highly regarded Newborn Care Specialist training program!

Birth

- Down to Birth - Cynthia Overgard and Trisha Ludwig share evidence-based information about pregnancy, birth, and postpartum each week. I have learned so much from their podcasts. They are incredible educators who obviously care so much about empowering moms in their ability to trust their capable bodies!
- The Birth Hour: A Birth Story Podcast - Bryn brings on moms to tell their birth stories. These amazing women tell their inspiring and empowering stories of pregnancy, birth, and postpartum. At the end of each episode, women of all walks of life share their favorite resources during their journeys into motherhood. Bryn has sponsors for these episodes, but they aren't just regular ads that we are so used to. Bryn interviews the sponsors, and you can really tell that they believe in their products (all related to all things birth, pregnancy, and postpartum).
- Evidence-Based Birth Podcast - As implied by the title, this is a really great resource because the information is evidence-based and research-backed! The information is digestible and really great and the speakers are always so knowledgeable. One of my favorite episodes so far has been their perineal massage episode, whether to do or to "don't."

Parenting

- The Good Inside Podcast with Dr. Becky - After reading Dr. Becky's book, "Good Inside" book, her approach to empower parents to be the "sturdy pilot" and take control of their households through the genuine belief that their kids are GOOD really resonated with me, and I sought out her podcast! During tough seasons with my eldest nanny kiddos, this podcast is such a great tool for helping to reregulate and remind us all that the kids in our care are so inherently good and need us to help them out.
- Respectful Parenting: Janet Landsbury Unruffled - This is another podcast I had to seek out after reading her book! I read, "Elevating Childcare: A Guide to Respectful Parenting," and as someone who really loves RIE principles, I was immediately drawn to her podcast! Janet's voice is so soothing and it makes so much sense that she's such a leader in the world of helping to raise our next generation.
- The 1000 Hours Outside Podcast - If you listen to one episode of one podcast about parenting, please let it be 1KHO 586: Play-Based Childhoods Are Being Stolen with Nicole Runyon. This episode from Ginny Yurich interviewing Nicole Runyon will make so much make sense and help you avoid crucial mistakes... (Like skipping crawling)! Ginny has created this amazing back-and-forth interview-style podcast with so many knowledgeable individuals and these speakers are just SO captivating.