

Enter, Fall.

When September 30th turns to October 1st



Oh hey friends! There's still time to call Congress in support of paid leave (202-224-3121) and we love this recap on where things stand in DC from The Fifth Trimester's Lauren Smith Brody [here](#).

1

Time To Re-Onboard Everyone @ Work?

"I'm the most tenured person on my team, but I feel like a new hire."

TLOE. Amidst massive turnover and changes to workplace norms, it might be time to re-set with your entire team.



2

Thank You For Being A Friend

This is not a drill.

Fisher Price released **Golden Girls** figurines, and YES we bought two before we told you. Can you blame us?



3

Sleep, Explained

Please stop telling me to sleep when the baby sleeps.

Are you a morning person? A napper? The **4 chronotypes** (a person's propensity to sleep) vary with age, environment and hormones.

Diagnose your sleep type and align it with your schedule [here](#).



4

Let's Talk About Menopause

"By 2025 there will be a Billion women experiencing menopause." - Peanut Founder Michelle Kennedy

Peanut, the app we like to call Tinder for moms, is **expanding their platform** to connect women through a pivotal and shared experience: menopause.



5

Tips to Share The Load

Women did 2.4 hours of housework during the pandemic, compared to 1.6 for men. **But there IS HOPE.**

"Solving the problem begins with talking about it, he says. Don't broach the conversation when you're resentful. Start with a compliment, to show you're allies. And don't frame the issue as a criticism or character flaw."



PSA: Pumpkin Support Available

If you're headed to an apple orchard or pumpkin patch this weekend, here's Food 52's Fall recipe roundup with a few ideas of what to do with all that farm fresh produce. (Hint: [Roasted Pumpkin Butter](#), [Teddy's Apple Cake](#)).



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