

# WORK-IT MAMA

*Traveling Milk Truck Monthly Newsletter*



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## **I've been feeling down.**

I don't want to pretend otherwise right now. I am anxious, tired, and overwhelmed. I walked into my bedroom yesterday and instantly forgot what I was doing. I miss being around people. I miss having a schedule. I miss taking my daughters to school. I can't even muster the energy to get exercise. I know that COVID will be a small blip in our life paths, but living in the moment has been tough. It is okay not to be okay—but what can I do to help myself?

In August's issue of *Work-it Mama* monthly, I am sharing ways to reconnect, celebrate the small discoveries and highlight survival strategies for distance learning. And, this issue also gives a well-deserved shoutout to first responder moms!

Enjoy!

*Karlee Vincent*



## A Safe Relating Ramble

Last week, I took a socially distanced walk with a friend. I was grateful to be in company with someone outside of my household and out of isolation—if only for a moment. Wind pushed gently on our backs as we strolled. The cattails swayed back and forth along the edge of a small pond. Ripples in the water greeted an approaching flock of Canadian geese.

"I feel stuck and disconnected from my job," my friend said. We turned a corner near the water. Dirt crunched under our feet.



I shook my head in agreement. "Quarantine is mind numbing. I miss seeing people smile."

We found ourselves asking: What can we do to find connection that brings us joy?

Our first step was making a list. We wanted to spend more time reconnecting with the things we love. We also wanted to be outside so we could get our heads out of the virtual cloud and rediscover our presence with the earth. New goals can help us discover what it means to be our best selves. I am ready for the challenge. Are you?

### HERE ARE A FEW OF MY FAVORITE COVID DISCOVERIES AND REDISCOVERIES

1. TikTok
2. Stick on Nails
3. My Husband
4. Leggings
5. Twitter
6. The Legend of Zelda
7. Dog pools that I can use as a kiddie pool
8. Hello Fresh
9. Sleep
10. My Grey Hair
11. Buying Gift Cards to Small Businesses
12. My Dentist
13. The Mess that Never Goes Away



## FIRST RESPONDER MOMS

Fearless and strong first responder moms - I see you. I see you working tirelessly to help serve those around you. You return home from a night shift and struggle to keep your eyes open, for just a little longer, so you can see your babies. Tirelessly and unconditionally, you prepare bottles, food, baths, and whatever those little ones need.

Your children see you too. They see their hero, a leader—their mama. Hugs filled with admiration, care and respect. They don't see the tough nights you can't talk about, or the things that make you want to cry. They don't always understand why you're not around.

What they do see, however, is your dedication and service to the community.

Your exhaustion goes deeper than your friends or family know. But the path you lay helps women and other mothers by closing the gender gap and creating more opportunity. Keep doing what you're doing, but know this: I see you and I'm grateful.

Thank you to all of those mama dispatchers, EMTs, paramedics, police officers, line workers and fire fighters. Thank you for your dedication to serve your community and for inspiring the next generation.



## Distance Learning on Repeat

Our daughter started first grade last week, virtually. She has been excited to see her friends and interact with people outside our family unit. As far as the school work goes, however, we are already having a tough time. She's ignoring, or only partially finishing, her assignments. My husband and I are annoyed and exhausted—thank goodness we aren't alone. You're in this, too, right?

Here are the most commonly used distance learning phrases in our home:

- Where is your QR code to login?
- Honey, you're late, already. Didn't you hear the alarm?
- Don't crunch food without using mute.
- Please don't take your iPad in the bathroom.
- What did you just rub all over your hands?
- No, you can't watch TV - school starts in five minutes!
- Please clean up your desk space.
- Stop scrolling through your classmates on the screen.
- Listen to your teacher!

What daily phrases do you look forward to? Send me an email!



## Schedules Do Help Little Minds

We thought it was silly: virtual recreational activities. But our daughter loves music so pre-pandemic, we registered her for ballet and piano.

I've always struggled with getting my girls to in-person classes (I've certainly missed a few, too). Virtual recreational activities felt like another item on my already packed To Do list. I deserve a break, too. This summer, we stopped ballet and skipped piano. It was a digital detox, sort of.

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*Preschool-age children's participation in family routines is associated with greater likelihood of having high social-emotional health (SEH). Each additional routine in which a child participated, there was a 1.47 greater odds of having high SEH.*

*- Muñiz, Elisa I., MD, MS\*; Silver, Ellen J., PhD†; Stein, Ruth E.K., MD, Journal of Developmental & Behavioral Pediatrics: February/March 2014 - Volume 35 - Issue 2 - p 93-99*

Then something amazing happened this last week. She began to engage in her virtual activities with less resistance. Her motivation to stay focused dramatically increased. It made her school day much easier on us.

What are you learning about your child and schedules?

# Kiddo Gear Shoutout! Bamboo Nature Diapers



The bad news is that there is no such thing as a completely biodegradable diaper. The good news, however, is diapers made from sustainable materials are available.

Bambo Nature Diapers are great because:

1. They are made from bamboo which is a renewable resource!
2. They are super soft and absorbant.
3. They are eco-friendly.

Check out their website here: <https://bambonatureusa.com/>

## MY DAUGHTERS FIRST ACT OF REBELLION

"Whatever you do, don't be born on August 29th," I wagged my finger jokingly at my pregnant belly. "There can't be another double birthday in the family."

Our family has a birthday twin and holiday birthday curse. My husband, my sister and our dog have the same birthday. My mom, grandmother and great aunt have the same birthday. My cousin and I were both born on Thanksgiving.

"It would be nice to have a birthday of your very own," I told my belly.

What were the chances she and my sister-in-law would have the same birthday? Apparently, a pretty gosh darn good chance because on August 28th I went into labor at 11:59pm. My water broke just as I turned out my light and my daughter was born the next afternoon at 12:17pm.

It turns out, six years later, that her first act of rebellion was more of an act of love. As my daughter has gotten older, she and her aunt have started to celebrate each other more and more, making the festivities memorable for everyone.

This year they are baking special birthday cakes for each other. Once their cakes are finished, I will share a picture! Happy Birthday Auntie Heather & Hadley!



## LIFE LESSONS FROM A FIVE-YEAR-OLD

*"If you dream that your lost shoes are in the closet, they might be there someday."*



## MEME OF THE MONTH

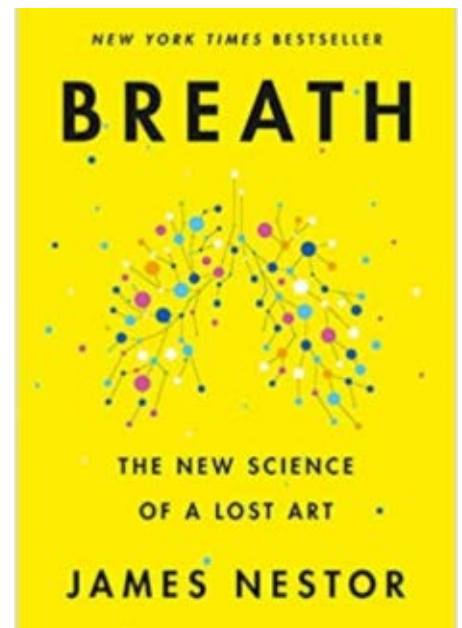
Hear ye hear ye! There are some important video meeting rules you must follow with your coworkers:

1. Camera on? Make sure you have, at least, a clean shirt on top. Pants optional (just don't stand up or walk out of the room).
2. Keep the mute button on. Your coworkers will love you even more.
3. Don't forget you're on camera!
4. Make sure your face is framed in the pictures. We don't want to see up your nose.

## BOOK OF THE MONTH

I ask myself approximately 157,654 times per day if I am breathing. I am not great at it. My goal over these next few months is to change this habit. Reading this book is where I plan on starting.

"Breath," by James Nestor is a great book for a busy parent. No time to read? You can listen as an audio book instead. "Breath" is an insightful exploration of your breathing. Let me take a breath and start now.



Hey Friends,

Have a children's book you love? A parenting hack you want others to know? Care to share how you have made your workplace more parent-friendly? Shoot me an email. I would love to feature your story in a future newsletter.

And follow me on [Twitter](#) and [Facebook](#) for updates and progress on my book.

I look forward to sharing with you next month!

XO

-Mama Kar

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