

WORK-IT MAMA

Traveling Milk Truck Monthly Newsletter



IN THIS ISSUE

WELCOME!

**A MESSAGE ABOUT
GRIEF**

COVID SUMMER

YOU ARE DOING GREAT!

NOTEWORTHY KID GEAR

**LIFE LESSONS FROM A
FIVE-YEAR-OLD**

**MAMA MEME OF THE
MONTH!**

**BOOK
RECOMMENDATION!**

A NOTE FROM KARLEE

Can you believe it?

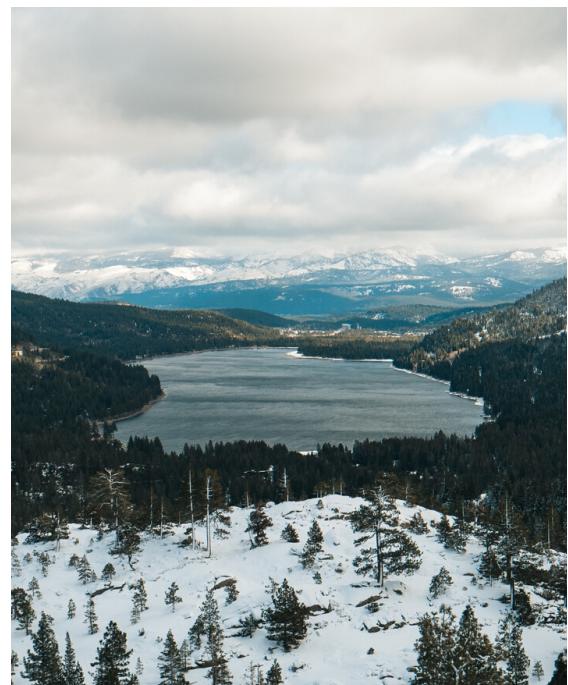
We made it through the first half of 2020. Yay!

I think we can all agree that this year has been overwhelming, unpredictable and a tad exhausting. If I've learned anything, it's to embrace each day and love the small stuff.

In July's Issue of *Work-it Mama* monthly, you can look forward to an array of valuable discussion topics. This includes funny anecdotes, how to discuss the loss of a loved one with your kids, memorable ideas for a quarantined summer and a special reminder that everyone needs to hear right now.

Enjoy!

Karlee Vincent



A MESSAGE ABOUT GRIEF

BY KARLEE VINCENT

My little brother unexpectedly passed away in June after a dirt bike accident. He lived his life freely, exploring and taking each day as an adventure.

I've been overwhelmed by waves of sorrow trying to reconcile the loss of someone so young. I find myself abruptly bursting into tears whenever even the smallest thing reminds me of him. It's important to process sadness. I won't hide it from the girls. I tell them it's okay to cry.

It's been difficult to explain death to my girls, especially my five-year-old. She will wrap her arms around me and ask, "Mama, are you feeling sad because of uncle Sam?" She also asks me if I "talk to him." I have.

My toddler recognizes my sadness but doesn't have the word "death" in her vocabulary. These responses are normal. As my daughters grow and develop, I will provide age appropriate tools for processing the sadness and grief that comes with loss. I've gathered resources here and I would love to hear what you have used with your children. Email me: karlee@travelingmilktruck.com

HERE ARE A FEW GREAT RESOURCES:

1. [Helping Your Kid Deal with Death, Conversations](#)
2. [When Families Grieve: Sesame Street Videos](#)
3. [Do's and Don'ts When Discussing Death](#)



COVID SUMMER!

by Karlee Vincent

My husband and I briefly entertained the idea of camping prior to realizing everyone else made a reservation in every available campground. We also don't want to put ourselves in an unnecessary risk by traveling somewhere. So, we had to put aside our grand ideas for family adventure (temporarily) to live up this Covid Summer at home.

We discovered there are cool ways to live it up at home. Each week we pick a few fun activities to enjoy with the girls. We include them in the family meeting to brainstorm our small adventures.

Here are a few fun ideas to jumpstart your COVID Summer:

- Make indoor s'mores and/or banana boats
- Bike/Walk in a local, open park (we avoid play structures)
- Homemade pizza and movie night
- Create a life-sized chalk house or obstacle course outside
- Take a drive somewhere new
- Create fairy houses in a grass field using foliage found near by
- Take free drawing classes online
- Have a dance party!
- Go on family walks
- Take tours of your favorite museum online



I gift my kitchen counter with things I don't want to face.

YOU'RE DOING A GREAT JOB

by Karlee Vincent

Everyday, lately, feels like I am having a digital overload. Between my phone, social media, email, conference calls and work, I am worn out. I perpetuate this cycle by sitting my girls in front of the TV. TVs can only babysit for so long.

While I commiserating with friend recently, I began to momsplain the parental controls on a video game. I now realize that I was trying to avoid feeling guilty. The internal conversation I had with myself was silly. I know I am an awesome mom, so I don't need to explain or try and justify my parenting choices to anyone, including myself. Parenting in a pandemic is hard!

“

Rather than meeting the voice of guilt with anger & frustration, approach it inquisitively. Softly meet that voice over and over. Eventually, the conversation you have with yourself will be more compassionate.

So, if you find yourself feeling overwhelmed try and remember you are not alone. You are doing a great job!

NOTEWORTHY KIDDO GEAR



YES! WILLOW BREAST PUMP

If you are a breastfeeding mama on the go, this pump is perfect for you! The willow breast pump fits comfortably in your shirt, the engine is quiet and it helps eliminate those strange places most mamas need to squeeze themselves in to pump.

Check it out for yourself!

<https://shop.willowpump.com>



YES! EKOBO DINNERWARE

We learned the hard way that baby cutlery comes in all different shapes and sizes takes over all your cabinets. I love these cups and plates for a number of reasons:

1. They are made from bamboo
2. Stacking is easy and they don't take up oodles of space.
3. Dishwasher Safe!

<https://www.by-ekobo.us/>



NO! LITTLE TIKES WATER TABLE

I call this our giant spider trap. For a toy that spends its time outside, the designers forgot to take into account the open compartments on the legs would house hundreds of bugs each year. On top of that, I spend more time trying to dig out stuck toys from the center adventure slide. If you want a water table, get one with:

1. No opening on the legs.
2. Weirdly shaped spiral traps.
3. A cover (because the water gets yucky otherwise)

Here is an alternative [Sand and Water Activity Center](#).

LIFE LESSONS FROM A FIVE-YEAR-OLD

"Don't get too close to a cow because they might lick you and then you will have a cowlick forever. Cowlicks never go away."



When I finally get to leave the house without the kids:



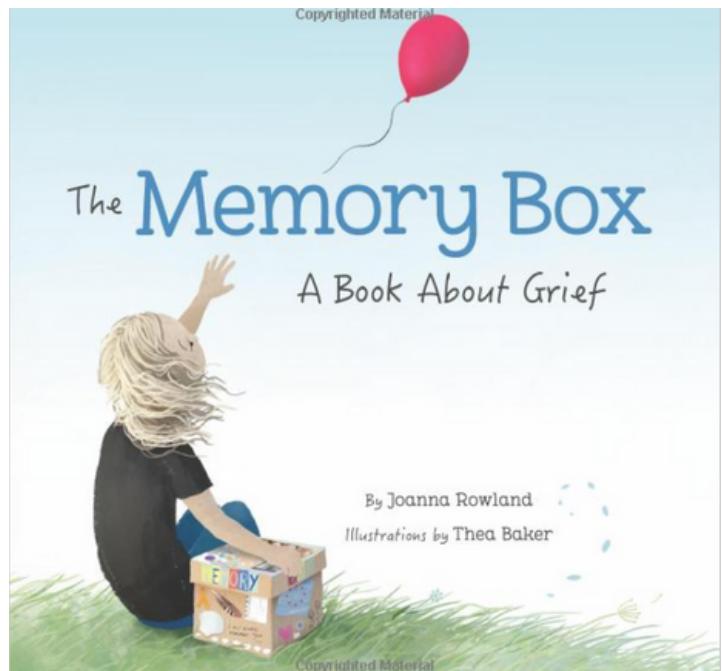
MEME OF THE MONTH

Who knew car trips could be so refreshing? When you find a rare moment to escape the house without your kids for a breather:

1. Make sure to quickly turn on your favorite podcast that you haven't listen to since March.
2. Tell your partner you got sidetracked when they ask where you are.
3. Take an extra victory lap around the block (or sit in your driveway until you're spotted).

BOOK OF THE MONTH

"The Memory Box," by Joanna Rowland (Author), Thea Baker (Illustrator) is a spectacular story that can help you talk about the loss of a loved one with your children. There is also a great resource guide in the back for parents who want to help navigate and understand these feelings together.



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

www.travelingmilktruck.com

