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WORK-IT MAMA

Traveling Milk Truck Monthly Newsletter

Happy June!

I'm doing something I haven't done in a while: sit in a coffee shop. I'm writing to you and enjoying a shared space (with a mask on, of course). I didn't realize how much I missed this, until I settled into my space, sipping on an oat milk latte.

The reality is that the pandemic's after effects will be with for years, but I'm starting to look forward and plan—family birthdays, wedding celebrations with family and friends, even a tropical vacation. My mindset has slowly started to shift from can't/no to yes I can. I'm excited to embrace more of this freedom!

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Yarlee Vincent



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ZOOM FREE SUMMER!

I exhaled a sigh of relief as my daughter said goodbye to distance learning this week (and hopefully forever). The moment I handed her iPad to the school, I felt the weight of twelve textbooks lift from my shoulders. Okay, maybe not. It just felt that way.

The entire school year, I've been carrying tremendous guilt about my inability to help my daughter with her schoolwork because I was always online, working. I did my best to work in tandem with her, but sometimes weeks would pass before her homework was completed. There were days we forgot to login to her first grade class. Her teacher was patient with us. For that, I'm grateful. It was a lesson for me to recognize that I was doing my best and my best might not look like anyone else's. The teacher's compassion inspired my own.

Looking for inspiration to kick Zoom to the curb this summer? Here are three great resources to help your family turn tech off and reconnect with the outdoors:

- [100 Summer Fun Ideas for Kids and Parents](#) (Very Well Family)
- [75 Big Awesome Things to Check Off Your Summer Bucket List](#) (Red Tricycle)
- [50+ Hobbies and Activities for Toddlers and Kids](#) (We Have Kids)

What are your summer plans? Tell me about the adventure ahead for you and your family: Karlee@travelingmilktruck.com

INSTILLING ALLYSHIP IN KIDS



Do you reside in a state that welcomes and projects LGBTQ families? It's essential to know. Equity is important, but safety issues compel many LGBTQ adults from starting a family, or to wait until later in life.

Did you know: There are more than 10.7 million LGBTQ adults in the U.S. (Romero 2017; Gallup Poll 2017). Among LGBTQ adults under 50 living alone or with a spouse or partner, 48% of women and 20% of men are raising a child who is under 18 years old. (Gates 2013).

My husband and I have family and close friends in the LGBTQ community. We're committed to demonstrating love and acceptance, and to being allies. One clear way we act on our allyship is to have age-appropriate, open conversations with our daughters to discuss what it means to be LGBTQ.

Here are conversation threads my husband and I follow with our two girls:

- We explain the ups and downs of our learning journey as parents to frame the conversation and help our girls understand that growth and changes in attitude are key.
- We educate our girls about LGBTQ history so they understand historical events like marriage equality that can help them drive positive conversations with their peers.
- We demonstrate family equity and inclusion by buying and renting books about LGBTQ history, Pride month and identity.

Resources for discussing Pride month and LGBTQ families with kids:

- [Family Equity](http://Familyequity.org) (Familyequity.org)
- [6 tips for talking about Pride month and LGBTQ+ rights with kids](http://www.care.com/tips-for-talking-about-pride-month-and-lgbtq-rights-with-kids) (Care.com)
- [How straight parents can raise kids to be allies, during Pride Month and beyond](http://www.washingtonpost.com/local/parenting-families/2017/06/13/how-straight-parents-can-raise-kids-to-be-allies-during-pride-month-and-beyond/59333340-3330-11e7-8a0d-0019bb3000d6/) (Washington Post)



TIME SAVING TIPS FOR PUMPING AT WORK

During an 8-hour workday, a nursing mom needs to pump every 2-3 hours (3-4 times/day). In a six month period (or approx 135 working days), a mom will pump 405-540 times.

Each pumping session may take 15 - 20 minutes, and sometimes longer, which is roughly 8,100 - 10,800 minutes (or 7.5 days). That's a lot of liquid gold!

While I was juggling work and pumping, it was important to me to pump as efficiently as possible so I could get back to my desk as soon as I was done.



THE STATE OF CHILDCARE

Childcare costs should be no more than seven percent of a household's income, according to the [Department of Health and Human Services](#).

That's a far cry from the US national average.

In 2018, when my girls were both in daycare, my husband and I paid nearly 40% of our annual income towards childcare. And that was prior to the pandemic.

What was already a broken system imploded in 2020.

In California alone, "8,500 licensed child care sites have shut down since the pandemic began, taking with them tens of thousands of child care slots for kids who need care while their parents work or attend school." ([calmatters.org](#)).

Childcare is an equity issue—both for the children who don't have the opportunity to learn and the childcare staff who don't earn enough to live well.

"Early childcare providers are almost entirely women, among whom 40 percent are people of color, and so these closures could devastate engines of opportunity for minority- and women-owned businesses." ([The American Rescue Plan](#)).

Try these time-saving tips for pumping at work:

1. Pack extra pump parts:

Cleaning pump gear can take 10 minutes or more. Pack an extra set (or two) of ready-to-go pump parts for quicker set-up.

2. Bring a pic of your little one:

Having a picture or video present while pumping helps the letdown reflex happen more quickly.

3. Invest in a workbag

that organizes your gear for each pumping session.

4. Store extra breast pump bags

and smaller parts at your desk for easier access.

5. Pack extra clothes

because spills happen!



I support changes that guarantee longevity and restructuring of the childcare system.

Here are two resources that explain how you can help:

- [Four ways to rebuild a better early ed system](#)
- [Saving Child Care Means Preserving Jobs and Supporting Working Families and Small Businesses](#)

KYTE BABY SLEEP SACK



Hands down, this one of my top five favorite baby gear items! Babies cannot keep blankets on until they are at least two years or older. The Kyte Sleep Sack ensures a little ones comfort all night. I slept much better knowing that my girls weren't cold.

Sleep sacks come in a variety of sizes and in thicknesses that are right for every season.

Check it out: <https://kytebaby.com/>

WHAT IS D-MER?

D-MER or Dysphoric Milk Ejection Reflex is the sensation of sadness or negative thoughts moms face only when breastfeeding.

Can this sensation pass? Yes, but only with time. D-MER tends to be heightened earlier in the breastfeeding journey.

Learn more by visiting:

<https://www.llli.org/what-is-d-mer/>



CONVERSATION WITH MY TODDLER

Toddler: Can I have some chocolate?

Me: No, you didn't eat your dinner.

Toddler: I did...one time.



MEME OF THE MONTH

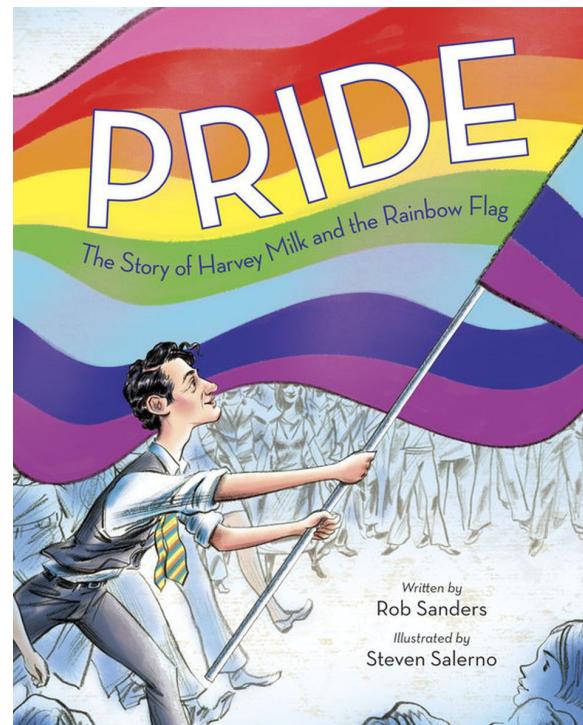
Do I dare look at myself in the mirror after the girls go to sleep? Absolutely not.

I would rather bask in the glory of success knowing I just won yet another bedtime war.

BOOK OF THE MONTH

Have you ever been curious about the history behind the Harvey Milk and the Pride Flag?

PRIDE: The story of Harvey Milk and the Rainbow Flag, written by Rob Sanders and Illustrated by Steven Salerno provides a the history of LGBTQ activism and focuses on how it paved the way for future generations.



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 join me on [Twitter](#) and [Facebook](#) for updates and progress on my book for working moms.

XO

-Mama Kar

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