

WORK-IT MAMA

Traveling Milk Truck Monthly Newsletter



Welcome!

Six years ago, I was on the road as a conference organizer while also breastfeeding my oldest. While juggling my breast pump in an airplane bathroom 30,000 feet over Portland I realized no mom should have to deal with this. Once back on the ground, I began advocating for other breastfeeding moms. My efforts launched new policies at my workplace, including breast milk shipments sent from the road to a mom's home at company expense. I also helped establish a mothers' room, a private space for nursing moms at every company conference. Moms began approaching me for advice so I developed resources to help ensure the best workplace situations for every breastfeeding mama. My consultation and resources are now gathered under the umbrella of www.travelingmilktruck.com.

Work-it Mama monthly is an extension of my mission and advocacy. This newsletter offers parents easily digestible content, along with helpful tips and tricks to thrive as a parent while working. And because laughter really is the best medicine, you can expect lots of laughs, too. We're all in this together, raising the next generation and I'm here to help.

In gratitude,

Karlee Vincent

IN THIS ISSUE

WELCOME!

BEAUTY OF DIVERSITY

HAPPY PRIDE MONTH!

WFH HACK WITH KIDS

NOTEWORTHY KID GEAR

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

**MOM MEME OF THE
MONTH!**

**BOOK
RECOMMENDATION!**

A NOTE FROM KARLEE



"A radicalized society is a 'society wherein race matters profoundly for differences in life experiences, life opportunities and social relationships' Entering into, understanding and—to whatever extent possible—experiencing some aspect of the pain caused by this is a key strategy to uncovering the reality of racism's force in the city."
—Encountering God in the City

THE BEAUTY OF DIVERSITY

BY KARLEE VINCENT

As a white woman, I struggle with how to teach my daughters to be inclusive and respectful. My five-year-old saw a sidewalk chalk drawing of George Floyd emblazoned with Black Lives Matter. She asked, "What is Black Lives Matter?"

My daughter attends a multiracial school where she is being well-educated about civil rights leaders but in this historic moment when so much is happening in the world, I was at a loss about what to tell her. "It's an important movement," I said. "It creates understanding and and opportunity that helps the black community thrive after hundreds of years of oppression."

She got off her bike, knelt in front of George Floyd's portrait and put her hands together in prayer. "I want everybody to be together," she said.

Don't we all? There are many ways to be an advocate. Here are a few:

1. Purchase products from Black Owned Businesses.
2. Add more diversity to the bookshelf. Here is a great list for reference!
3. Help Advocate for women of color who are breastfeeding!
4. Make a conscious choice to purchase from Black Owned Businesses or make a donation to an organization during birthdays, or holiday season.
5. Ask about inclusion programs at your kiddos school.



WFH LIFE HACK WITH KIDDOS

by Karlee Vincent

The pandemic has created a new way of life for everyone, especially for working parents who do not have access to childcare.

My husband is an essential worker, so to compensate, this mama has now taken on the role of full-time work and full-time momming for two kids five and under. I find solace in the fact that our family isn't alone in this kind of struggle. But the distance makes quarantine parenting lonely.

“

*You might hear
my little
assistant in the
background,
they are here to
help.*

So, when I get on a call with a client or coworker, I'm always straight forward. I introduce myself and let everyone know that I have a couple of little assistants working for me. Even so, there is nothing more annoying than being interrupted mid-sentence on a conference call with the declaration that one of my daughters wants a snack. Was I just not asking you that five minutes ago?

Here is the hack: fill a small bucket (one per kid) with yummy treats so your kids can get their snack on while you give the best presentation of your life. You can grab a snack from the bin without having to overthink if you've given them three consecutive bags of goldfish. Cough. Not that I've done that before.

HAPPY PRIDE MONTH!

by Karlee Vincent

I want to take a moment to recognize all of those lovely and wonderful LGBTQ+ families out there. Happy Pride Month! So many of our friends and family are celebrating. I wanted to include some valuable resources that are great for creating a more inclusive and loving environment, especially in a school setting.

- [A Checklist for a Welcoming and Inclusive School Environment](#)
- [Creating a Welcoming Early Childhood Program for LGBT-Headed Families](#)
- [32 LGBTQ Children's Books](#)



This delicious picture is a false depiction of what I can reasonably do during a conference call.

NOTEWORTHY KIDDO GEAR



YES! JUNOBIE REUSABLE BAGS

Every time a frozen, plastic breastmilk storage bag is heated, the plastic toxins are released into the breastmilk. And then the plastic becomes garbage. Boo. There were a few brands that I used and in a pinch I would run and grab another box of storage boxes across the street.

Here are a few reasons why I love these:

1. The cost savings are outstanding if you only need to buy a few of these reusable bags.
2. The bag is plastic free and eco-friendly.
3. The design takes into account freezing and unfreezing with expansion and can hold 6oz

<https://junobie.com/>



YES! STOKKE HIGH CHAIR

This highchair isn't cheap but it definitely has paid for itself over the last few years. But it is a great product to resell it on Facebook marketplace for almost the entire original value. We love this chair because:

1. It fits underneath our dining room table like a normal chair.
2. The design is made to hold over 200lbs. In my case, the girls love the chair so much the both squeeze their bums into the seat.
3. As your little one grows, the chair configuration changes to meet your needs. It will last you years!

<https://www.stokke.com/>



YIKES NO!! PURA BABY BOTTLE

I am a huge fan of baby products that don't have any plastic, especially anything that is used for holding baby food due to the toxins released when heating, so I initially ordered the Pura Baby Bottle. This is why I don't like them:

1. It overheats easily. No baby wants a burning breastmilk steamer. You are making a bottle not a latte
2. The nipple does not twist on easily.
3. These bottles aren't cheap.

<https://www.purastainless.com/>

LIFE ADVICE FROM A FIVE-YEAR-OLD

"It is important to take big, deep breaths when you are feeling sad. It will make you feel better!"





Meme of the Month

Important video conferencing survival reminders:

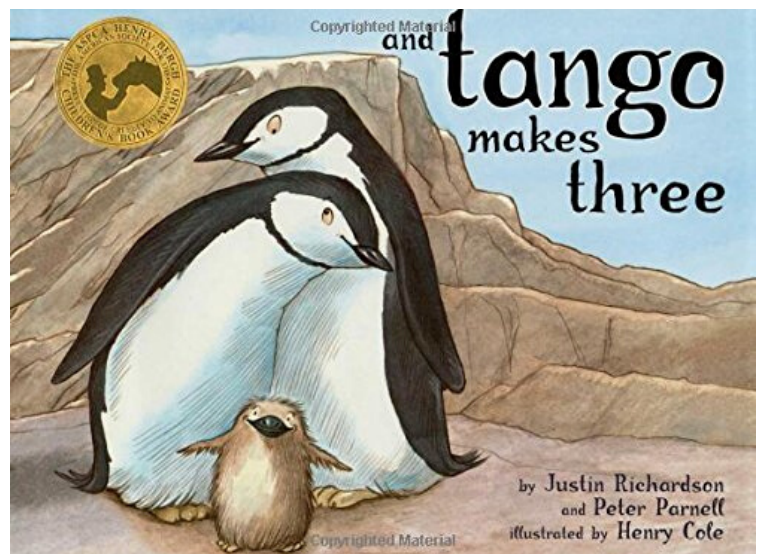
1. Triple check your video is off.
Nobody wants to see that mess. Or, if you do need the video on, try and remember the last day you took a shower.
2. If you do need your video on turn on the virtual background so the giant pile of laundry is hidden from behind you.
3. Keep your mute on.

You're welcome.

Book of the Month

"And Tango Makes Three," by Justin Richardson, Peter Parnell and Henry Cole is true story based on two male penguins (Roy and Silo) at the Central Park Zoo who set to create a family of their own.

My daughter loves that this is a true story about penguins and it's made the top of our list for one of our favorite bedtime stories.



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

