



VOL. 7 • JANUARY 2021

WORK-IT MAMA

Traveling Milk Truck Monthly Newsletter

Hi Friends,

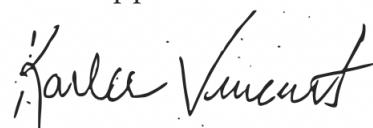
There is a lot we can already look forward to this year!

For starters, thanks to Senator Tammy Duckworth, airports are installing safe spaces for nursing mothers. And at the end of this month, the Californias Breastfeeding Coalition 2021 Summit, will kick-off virtually.

Turn to page six for my latest interview with CNN, and check out some of my other recently published articles on the TODAY parenting community. I am thrilled to share my insights and experiences with these platforms.

With all of this exciting news in the first two weeks of January, I can't wait to see what happens next!

Happy New Year!



RESOLUTIONS

In this issue:

HAPPY NEW YEAR!

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Understanding White Privilege in Parenting

In college, I was introduced to *White Privilege: Unpacking the Invisible Knapsack*, by Peggy McIntosh. I was shocked to discover how privileged I was and disgusted that nothing in my previous years of education had prepared me to understand the inherent advantages granted by my skin color.

White privilege plays a role in breastfeeding, too. My job afforded me the right to breastfeed as long as I wanted while working. Not all mamas have the same opportunity in their workplaces—but should. There are a myriad of ways that white privilege affects parents.

Fact: "Black women are three to four times more likely to die from pregnancy complications than white women, and a big reason for the disparity may be racism." (Centers for Disease Control and Prevention).

Fact: "Black mothers are nine times more likely to be offered formula in the hospital than white mothers." (Racial and Ethnic Differences in Breastfeeding, Community Child Health Research Network).

Fact: "Black moms are less likely to receive postpartum depression treatment than their white counterparts, even though PPD affects up to 20% of new mothers." (National Institute of Health.)



What can we do to help?

- If you are a white parent, recognize the privilege you have.
<https://www.tolerance.org/professional-development/test-yourself-for-hidden-bias>
- Educate your children. Provide them with books that encompass the voices of people of color. Here's one: <https://www.leeandlow.com>
- No Black teachers at your child's school? Don't see any POC authors on a school's curriculum? Speak Up or start a group:
<https://www.barwe215.org/how-to-start-a-barwe-group.html>
- If need be, become an ally for a black mothers at work.
<https://www.aclu.org/blog/womens-rights/pregnancy-and-parenting-discrimination/challenges-breastfeeding-black-person>
- <https://www.pbs.org/newshour/health/racial-disparities-persist-for-breastfeeding-moms-heres-why>
- Support black breastfeeding foundations:
<https://blackmothersbreastfeeding.org>

Here are some great resources and additional discussion to help further your understanding of white privilege in parenting:

- [Unpacking the Racial Disparities in Breastfeeding](#)
- [How Parents and Kids Benefit From White Privilege](#)
- [Why Black Women Face a High Risk of Pregnancy Complications](#)
- [Racism in Healthcare](#)

THE TRAVELING MILK TRUCK ON CNN!

This month, I was interviewed on CCN.com about the potential side-effects of social distancing on toddlers. Toddlers depend on facial cues and body language to successfully develop socio-emotional learning. While I work at my computer, my daughter observes my focused facial expression and asks if I am angry or grumpy. I'm not—often I'm in a flow state—so she's missing the correct emotion entirely, which doesn't contribute to positive socio-emotional growth. Read the full article by journalist Terry Ward below. I'm also sharing the Ms. Magazine article I was featured in last November and two recent posts from the TODAY parenting community. I've recently joined the Today's lineup of experts and am having a blast writing about breastfeeding and parenting.

Worried about your toddler right now? Take a deep breath

By Terry Ward.

[CHECK-IT OUT](#)



Dear teachers: I couldn't raise my daughters without you

By Karlee Vincent

[CHECK-IT OUT!](#)



The Future of Breastfeeding Is No Longer Over Toilets—Thanks to Sen. Duckworth's Friendly Airports for Mothers Improvement Act

By Melissa Prax.

[CHECK-IT OUT!](#)



A Mother's Kindness

By Karlee Vincent

[CHECK-IT OUT!](#)

Stop what you're doing and go to the Scary Mom Shop



If you haven't seen the Scary Mom shop, stop everything you're doing and go there. It's hilarious, relatable, and I would love to buy one of everything.

My favorite hoodie in their online catalogue gives me all the feels.

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

HOW MANY WAYS CAN YOU SAY BREAST?

Here is a comprehensive list of a few of the different ways breasts are called. Enjoy!

Knockers, Boobies, Bazookas, Melons, Jubbies, Bubbies, Orbs, Globes, Bristols, Charlies, Baps, Bazooms, Casabas, Chi-chis, "The Twins," Chesticles, Chebs. Cha cha bingos, Chubby chest cheeks, Gazongas, Kahunas, Flabbergasters, Titties.

Nobody can deny that breasts are super**b**o**o**bli**f**ra**g**ilis**t**ic**e**x**p**ia**li**do**c**ious!

*Image source, Pexels



LIFE LESSONS FROM A SIX-YEAR-OLD

"Mama you snore..."



MEME OF THE MONTH

There's nothing more powerful than a woman who knows her worth and goes all in on her dreams.

@GIRLANDHERMAGIC

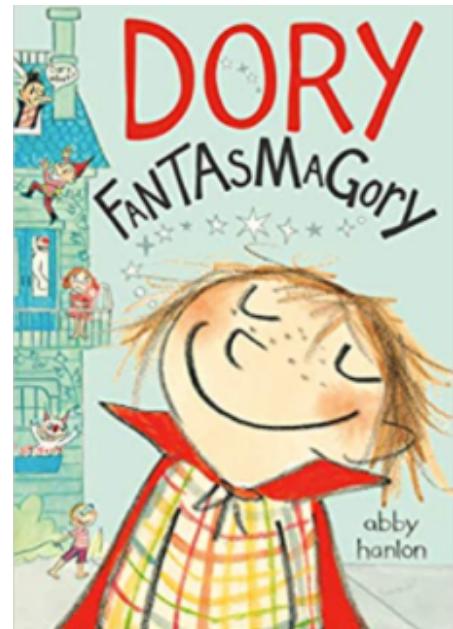
Women are powerful. Dreams are important. Prepared to grow, get uncomfortable and try even in the face of defeat. Stop and repeat.

It's valuable to remember that even one small step towards a dream is still a step. It is also an opportunity to prepare you for when that chance comes.

BOOK OF THE MONTH

"Dory Fantasmagory," by Abby Hanlon was put on my radar this month. It's a quick, funny read to share with kids. The good news is that this is one with many in a book series.

As the youngest child, Dory craves attention from her siblings and is often left to her own devices and imagination. This storyline is relatable, even during a pandemic. I am looking forward to reading this new story with my daughter!



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

