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WORK-IT MAMA

Traveling Milk Truck Monthly Newsletter

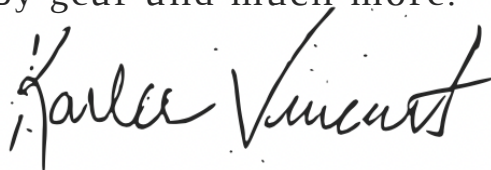
Happy July!

After being stuck in the house for 18 months, I had the chance to take a much needed break and reconnect with my family for nine glorious days. Our family trip to Hawaii organized around a friend's wedding gave me the spiritual recharge I needed.

During the vacay, I turned off my digital devices. My attention stayed focused on the present moment, instead. It transformed me. I plan on making digital detox a part of my regular routine. If you've tried it, I'd love to learn from you. Tell me all about it:
karlee@travelingmilktruck.com

And: Exciting news! Next month, I will be on the Breastfeeding Talk Podcast to discuss traveling while breastfeeding. Save the link. Download the podcast. Listen at your leisure!

In this issue: Swim safety for kids, the Shades of Blue campaign, three tips for buying a breast pump, the best new baby gear and much more.



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SWIM SAFETY FOR KIDS

My three-year-old is fearless, especially around water. She loves the water but doesn't understand that she can't swim without help. Yesterday, she tore off her swim vest to show me a new jump she taught herself. Before I knew it she was in the water, struggling. After I pulled her out, she cried and apologized for not listening. Situations like these are scary—for everyone. Here are my family rules:

1. Never leave our girls unattended around water.
2. I share the rules with other responsible adults who are around the girls while swimming.
3. We have a designated water watcher who verbally confirms they're watching commitment.
4. If the girls cannot see me or the adult they're swimming with, they must exit the pool.
5. If the body of water is not contained by a fence, my girls are not allow to be near the water without an adult who has confirmed they will watch.
6. My toddler must be wearing a flotation device unless I'm in the water with her.
7. For any new swimming environment, I discuss the differences and what to expect with the body of water.
8. And, I remind the girls about these rules every time we are near water.

According to the CDC: "Drowning is a leading cause of death for children. In the U.S. More children ages 1–4 die from drowning than any other cause of death except birth defects. For children ages 1–14, drowning is the second leading cause of unintentional injury death after motor vehicle crashes."

Their safety is my top priority, so it's really important for me to continually learn and stay informed about water safety practices. Here are a number of other great resources you can reference as well:

- **[The Red Cross](#)**: Safety Swimming Tips
- **[Kids Health](#)**: Why Is It Important to Be Safe in the Water?
- **[Healthychildren.org](#)**: Drowning Prevention for Curious Toddlers: What Parents Need to Know
- **[Safekids.org](#)**: Swimming Safety Tips

BLACK MATERNAL MENTAL HEALTH WEEK



July 19-25, 2021 kicks off Black Maternal Mental Health Week (BMMHW). Why is this week so important? Black Maternal Mental Health Week is here to uplift black mamas as well as educate and address disparities in the Maternal Mental Health community. These conversations are a great start for leveling the playing field for all mothers and babies.

Organizations such as the [Shades of Blue Project](#) are leading valuable initiatives and "improving, Maternal Mental Health outcomes for black and brown birthing people." This week the Non-Profit is hosting events and leading conversations for BMMHW.

According to the American College of Obstetricians and Gynecologists, "About 20 percent of women around the world or 1 out of 5 women has PMAD (Perinatal mood and anxiety disorders). The risk factors associated with PMADs affect more black women than white women in the United States." Unfortunately, black and brown mothers are less likely to seek help for themselves and their babies (the reasons varying in complexity). [Here is a great article](#) that goes into further depth on the subject.

This week, tune into the events and conversations on their website. But keep in mind, that BMMHW doesn't stop there. For more info and great resources, check out more from the Shades of Blue Project [HERE](#).

FOUR WAYS TO AFFORD A BREAST PUMP

Breast pumps are expensive. A personal breast pump can range from \$50 (manual) to an upwards of \$400 (electric). Hospital grade pumps can cost \$1000. That's a pricey investment, one that may seem intangible for families.

Here are four great ways to outsmart that sneaky cost and afford a breast pump:

- 1. Check with your insurance:** The Affordable Care Act (2010) requires most health insurance plans to cover the cost of a breast pump.
- 2. Rent a pump:** If you need to have access to a medical grade pump, to help increase milk production or help pump more efficiently, renting might be a great option.
- 3. Use your FSA/HSA:** Put those funds toward your purchase.
- 4. A Payment Plan:** This may be a great option for certain breast pumps that may not be covered by insurance.

Fun Fact: According to Market Data Forecast, "The size of the Breast Pump market in North America is projected to value USD 292.9 Million by the end of 2025."





MASSAGE PUMPING BRA

Did you know that massaging your breasts can increase milk supply by 30-50%? That's a lot of liquid gold!

But, how do you massage your breasts, when trying to turn on a pump, hold the bottles, place the funnel and creating proper suction? You can't unless you're an octopus or pump only one boob at a time (which takes a 2x as long.)

That's why the massage pumping bra by Wear Lilu is magic for nursing moms. Check it out:

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

FUNNY MOMS TO WATCH OUT FOR

We can all use more laughter in our lives! Lighten up with these funny mamas.

- [Ali Wong](#)
- [Kristen Bell](#)
- [Tiffany Jenkins](#)



AN IMPORTANT QUESTION FROM MY SIX-YEAR-OLD

When your new teeth grow in, do they come in shiny?



When you're trying to have a conversation with another adult and your kid is behind you like:



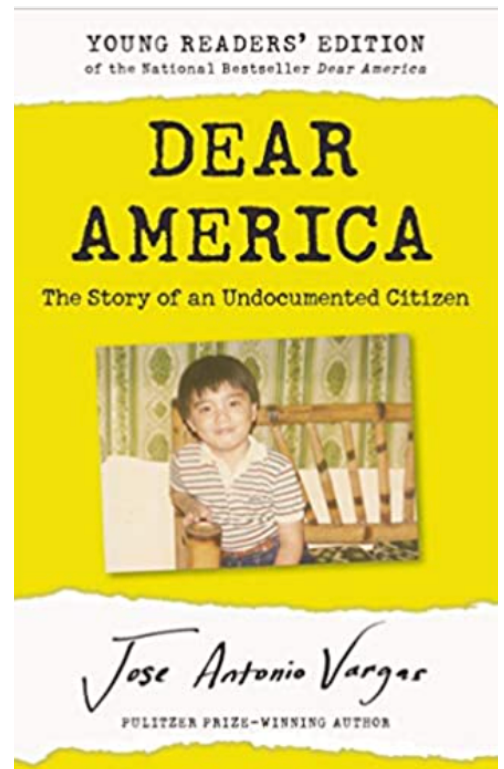
MEME OF THE MONTH

Even trying to have an adult conversation on Zoom while your kids take turns trying to demonstrate who can do the coolest trick in the background. No parent has the time (nor the energy) to stop a disaster in the making.

BOOK OF THE MONTH

I walked by this book in the library last week and read it a few hours. Jose's story resonated with me because I am married to a naturalized citizen, my girls are dual citizens and I have friends who both hold green cards and/or are undocumented citizens. Each journey is valid. Each journey is important.

The young reader's edition of *Dear America* is a great way to share and discuss the story of Jose and so many others with your kids.



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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