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WORK-IT MAMA

Traveling Milk Truck Monthly Newsletter

Hi Friends,

Can you believe it? We've almost made it halfway through 2021.

You may have noticed that it's been a few months since my last newsletter. I've been putting the final touches on a manuscript that will turn into a book in the near future. I've missed you and our conversations —a lot. I'm happy to be back.

Let's pick up where left off: Real talk about parenting our little ones and taking sweet care of ourselves.

This issue features articles on mental health, parenting fails, preeclampsia, diastasis recti, baby gear and much more.



Karla Vincent



In this issue:

IT HAS BEEN A WHILE
PAGE 01

LET'S OWN OUR PARENTING FAILS
PAGE 02

MENTAL HEALTH FOR KIDS
PAGE 02

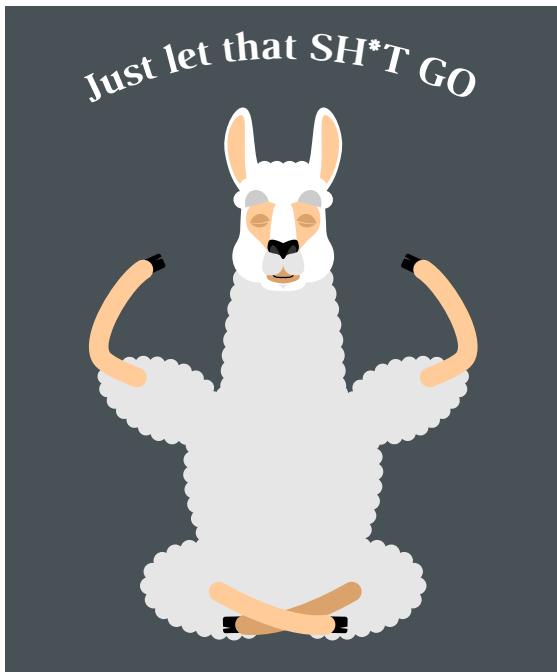
CABBAGE!
PAGE 03

WHAT IS PREECLAMPSIA?
PAGE 03

CAR SEAT GEAR
DIASTASIS RECTI
PAGE 04

MOM MEME | BOOKS
PAGE 05

LET'S OWN OUR PARENTING FAILS



My parenting fails are an epic stinky pile.

In the last two weeks alone:

- I forgot my daughter's school schedule, and she missed class.
- I forgot to pick up her school work packets, so she didn't get her lessons done.
- I didn't charge the electric car and we got stranded fifteen minutes from home—and it took us 4 hours to get home.
- I ordered \$100 of take-out because I couldn't inspire myself to cook.
- I avoided cleaning at all costs because the house just gets messed up anyway.
- I found a tick on my daughter's arm and called it an asshole. Then she copied me.

The kicker? Because these events were 100% preventable, my mama brain drowns in guilt. Then I get grumpy and withdrawn. It's a vicious cycle. My antidote is realism. How do other moms letting sh*t go?

Three podcasts get me unstuck:

- The Double Shift - Creator Katherine Goldstein and co-host Angela Garbes tackle timely topics about all things motherhood.
- One Bad Mother - Covers the thrills and embarrassments of motherhood while striving for less judgement and more laughter.
- What Fresh Hell: Laughing in the Face of Motherhood. Support for taking ourselves less seriously.

MENTAL HEALTH AWARENESS FOR KIDS

[Childrensmentalhealthmatters.org](https://childrensmentalhealthmatters.org), states: "1 in 5 children (20%) and adolescents may have a mental health problem at any given time." In many of these cases, children aren't getting the help they need.

For mental health awareness month, I've included a great infographic by BlessingManifesting.com that provides simple ideas and tips to encourage mental health development for children.

For younger kids, swap journaling for drawing and community activity groups (with parental supervision). Together we can help our kids learn that mental health is equally as important as physical health.



CABBAGE, CABBAGE, CABBAGE!



Cabbage is one of the best kept secrets for nursing and weaning moms. When applied to breasts as a poultice, this beautiful, leafy vegetable decreases milk supply and soothes engorged milk ducts that are over-producing.

Check out these references:

1. [Relieve Pain and Breast Swelling With Cabbage Leaves](#)
2. [How to Use Cabbage Leaves for Engorgement, Mastitis, and Weaning](#)

[Not Breastfeeding? Enjoy this delicious coleslaw recipe.](#)

WHAT IS PREECLAMPSIA?

In 2017, at 36 weeks, I was induced. "The only cure for severe preeclampsia, at this point, is to deliver your baby. Your health is failing," my doctor told me. I didn't fully understand that he meant my kidneys and liver were failing.

According to Americanpregnancy.org, preeclampsia only affects 5-8% of pregnancies. Symptoms include: "headaches, blurred vision, inability to tolerate bright light, fatigue, nausea/vomiting, urinating in small amounts, pain in the upper right abdomen, shortness of breath, and the tendency to bruise easily."

My preeclampsia started a week prior during a routine check-up. I was sent home with a pee test to confirm whether there was protein in my urine.

Science can't tell us what causes preeclampsia but there are preventative measures to decrease the risk of it occurring, according to www.americanpregnancy.org



- Use little or no added salt in your meals
- Drink 6-8 glasses of water a day
- Avoid fried foods and junk food
- Get enough rest
- Exercise regularly
- Elevate your feet several times during the day
- Avoid drinking alcohol
- Avoid beverages containing caffeine
- Take the medicine and additional supplements as prescribed by your doctor

Disclaimer: Always check with your doctor if you (or a loved one) experiences any preeclampsia symptoms.

Totes Babies Car Seat Carrier



DON'T: Place your baby on top of a shopping cart—it isn't safe.

DO: Invest in a safety system that supports you while you shop. The Car Seat Shopping Adaptor will give you cart space while keeping your little one safe.

The cost? \$40.00. It's an investment, but one you can likely use for years.

Check it out here: <https://totesbabies.com/>

WHAT IS DIASTASIS RECTI?

According to Health.com, "Diastasis recti is the partial or complete separation of the rectus abdominis, or "six-pack" muscles, which meet at the midline **of your stomach**".

The company Every Mother (pictured to the right), assists moms in repairing muscle separation and reclaiming their bodies.

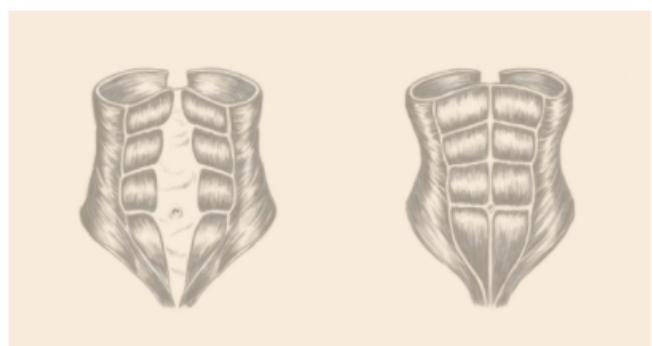
Learn more by visiting: <https://every-mother.com/evidence/>



EVERY MOTHER

WHY IT WORKS

Our Method



Every Mother (formerly known as The Dia Method) grew out of Leah Keller's private training practice in New York City, where she had established an impressive track record coaching fitness clients to prevent, treat and fully resolve



IMPORTANT QUESTIONS FROM MY TODDLER

"Mom, how do you put on a bra? Is it magic?"

I only bark when my mom's on a conference call.



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user card

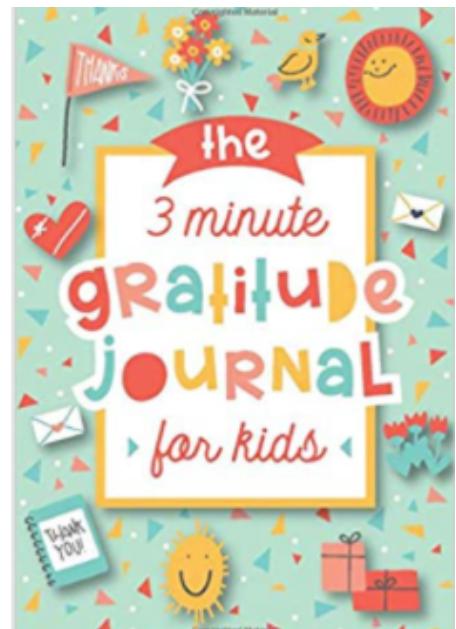
MEME OF THE MONTH

Prior to any work call, my toddler, 6-yr-old and dog all huddle to see who can be the most disruptive. It's clearly a competition. And I could very well be suffering a hearing loss.

BOOK OF THE MONTH

In honor of Mental Health Awareness Month, I'm sharing [The 3 Minute Gratitude Journal](#) for kids. It's a guide to cultivating an attitude of gratitude for children.

This journal is designed for self-exploration and targets the big stuff as well as the simple things in life. Use it as conversation-starter to teach your little ones about gratitude.



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.

XO

-Mama Kar

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