



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



HUDSON
TWINSBURG
SOLON

AUGUST NEWSLETTER



Events & Happenings

August Mom's Night In

Mom Life Trivia: Thurs, Aug 20,
8:30pm

We may not be able to get together in person for a Mom's Night Out, but we can still enjoy some wine and mama chat virtually. Join us for a fun Mom's Night In to play "Mom Life" trivia, hosted and created by our own coach Emma. The trivia will have questions all pertaining to mom life, something we should all be experts in! All mamas welcome.



Play Dates

We will not be holding any virtual play dates in the month of August but will be posting some fun crafts and activities on Our Village page that you can do at home with your kiddos each week!

August Class Schedule

During the month of August, we will continue to offer in-person Stroller Strides and Strides 360 classes as well as plenty of virtual workouts in all of our class formats.

View our Outdoor Class Reopening Policies [here](#)

To try out a FREE fitness class, whether virtual or in-person, fill out this [form](#)

We would love for you to join us, mama!

	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
GlenMeadow Park Twinsburg	9:30 AM Stroller Strides		9:30 AM Strides 360		9:30 AM Stroller Strides	
Hudson Montessori School	6:00 PM Stroller Strides/ Strides 360					
Virtual Schedule	9:00 AM Stroller Barre		9:00 AM Stroller Strides		9:00 AM Stroller Strides	8:00 AM Body Back
		7:00 PM Body Back	6:00 PM Strides 360	6:00 PM Stroller Strides		

Notes:

1. On bad weather days, outdoor classes will move to virtual format.
2. All virtual classes will be offered on Zoom. Links provided to current members.
3. Monday evening workouts will alternate between Stroller Strides and Strides 360 each week.

How to Help Your Child Be More Comfortable with Mask-Wearing

Face coverings have become part of our new normal. You may have school age children gearing up to return to the classroom with mask-wearing requirements (we know it's not an easy decision, mama - see our blog below) or maybe you are going on more outings with your children that require wearing a mask. Either way, it can be difficult to get your child to comply with mask-wearing or to explain to them why they need to wear a mask.

Occupational therapists at [LLA](#)



[Therapy](#) put get together a handout with lots of ideas to help your child be more comfortable with mask-wearing, including sensory considerations.

Read it all [here](#)

****Children under age 2 should not wear a face covering**



Mama of the Month

Meet Rachel Riegel, our August Mom of the Month! In this series we feature a mom in our Village each month.

Tell us about your family: I live in Streetsboro with my husband, Joshua, and our almost 2 yr old, Eliza. We are expecting another little Riegel in February 2021! We also have a dog named Zoey and a cat named Hobbes who are best buddies.

Hometown: Mooresville, NC! I've been in Ohio for about 5 years now.

Current/previous career: Before I had Ellie, I worked as a substitute teacher/office staff in a local preschool. I worked for them from home until recently. If I ever go back to work, I would love to work in a preschool setting again.



What does motherhood mean to you? Motherhood is so special! I'm constantly amazed that I get to raise such an awesome little girl (and maybe another?!) One of my favorite quotes/sayings is "Your greatest contribution to the Kingdom of God may not be something you do, but someone you raise!"

How did you find FIT4MOM? One of the moms from the preschool I worked at! I saw her share the classes on Facebook for a few months before I finally gathered the courage to go to a class. Ellie was about 6 months old then.

Favorite exercise: This one is tough! I actually like burpees all thanks to Coach Emma! Right now, squats are probably my favorite.

What classes do you currently attend and why do you love them? I am currently just attending Stroller Strides. I love that Julie offers different levels of difficulty for each exercise to easily accommodate for different strength levels/pregnant mamas like myself. In the past, I've attended 3 sessions of Body Back. I'm looking forward to working out with Coach Emma again next Spring!

How has FIT4MOM changed your life? Since I started my motherhood journey a bit younger than average, most of my friends were still in college, barely married, much less having kids! Fit4mom gave me a community of kind, accepting women to share motherhood with! Fit4mom not only gave me support and friendships, it has also helped me get in shape, and exercise regularly for the first time in my life!

Proudest moment: I don't think I can choose just one! I do remember being very proud of myself for birthing my sweet girl! Now, I'm proud of all that she accomplishes and each new skill she works on!

What's one thing you would go back and tell yourself as a new mom? Being young doesn't make you less of a mother. It's okay to ask questions and not know what the heck you are doing half the time. And breastfeeding can be HARD. It doesn't mean you are failing!

Questions for kiddos:

How old is Mommy? Mommy

What's something Mommy always says? "We're going to church" and "Let's play with Siggys"

What is mom really good at? "Playing exercise"

What's mom's favorite thing to do? "My God is so great, so strong and so mighty, there's nothing my God cannot do. For you!"

What makes you proud of your mom? "You make me happy"

Rachel, we are so happy to have you as a part of our Village and can't wait to see you continue to crush your goals!

In this Together: School 2020

Written by Mindy Webb

If you asked me in February what I would be doing at the end of July, my answer would not have included, "Writing a blog about the challenging decisions regarding the return to school during a worldwide pandemic." I'm fairly confident that none of us expected to be here. Yet, here we are, faced with what seems like a limitless collection of choices

and decisions to make, and the “Mom-Guilt” associated with any of these options.

This will be my 11th year teaching elementary school. For most of my career, I have worked with third and fourth grade students. The best and most rewarding part of teaching is building relationships with my students: hugging them when they are sad, high fives when they are excited, developing “inside jokes” that only our class laughs at, and crying at the end of the school year when they say, “Have a great summer, Mrs.

Webb. I’ll miss you.” My greatest fear about the coming year is that I may not get to develop these friendships. How can I comfort an 8 year old when I must stay 6 feet away? How can I celebrate, guide, and support from behind a mask and a face shield? There will be so many things that I wish I could do for my students.

Additionally, there will be a constant, nagging fear of the unknown. It’s already started. What happens if I am exposed? What if my family gets sick? How would I care for a baby and a toddler while I’m sick, too? What if I don’t have childcare for my own children? As a mom, I am worried about preschool and the babysitter’s house. I’m worried about bringing the virus home. I don’t have the option to stay home, but I feel guilty because of the potential risks that I am placing on my family. My four year old misses his friends from school and needs this year to be prepared for kindergarten. He NEEDS to be away from me and learn to be confident that I will return every day. He needs to practice his social skills with peers. Always though, I am questioning if the risk is worth it.

In our school district, as with many in this area, parents of school-age children have to make a choice. They have to decide if they will send their child to school for face-to-face instruction, enroll in virtual school, or homeschool. We have all seen the memes. The same disgusted face for each option. The truth is none of the choices are perfect; they all have their challenges. Face-to-face school will NOT be back to normal. It will NOT bring the socialization that our kiddos desperately need. Teachers are having a tough time even coming up with ways to teach that are safe and within the protocol. On the other hand, virtual school is tough on students, their families, and teachers. It is generally fraught with technical issues, along with frustrated parents who don’t always have the time to support their young students. How can most parents balance the demands of a full-time job and being a virtual teaching assistant? Homeschooling is a totally different challenge because it requires the parent to become the teacher by providing instruction and guidance. This, of course, requires much more time and dedication. So what are we supposed to do?!

We need to work with our kids. Please teach your children to wash their hands properly. Please practice mask-wearing with your school-aged children starting now and slowly build up to longer increments of time. Personally, I have found that the more I wear my mask, the more comfortable I am with it. Make sure the mask fits properly; they are much more comfortable if they fit snugly. Lastly, remember that your children reflect your attitude. Try your best to be positive and flexible, and give your child’s teacher some grace, especially if that teacher is you.

Every parent right now



We need to say that our own choice, whichever that may be, is okay. It is okay to send your child to school. It is okay to keep them at home. It is okay to feel guilty, scared, relieved, hopeful, or whatever you are feeling. It is okay to be confused. We, as Moms, need to support each other, especially if our decisions are different. Every family is unique and has unique needs, and that's okay!

Though this is a very challenging time for many of us, this is a temporary challenge. Lean on each other, consider being a wine fairy to a Mom (or Dad) in need, and we will get through this together.

Want to join our Village? Your first class is always free!

LEARN MORE

Stay Connected

FOLLOW US:



juliebutt@fit4mom.com

© 2017 Stroller Strides, LLC dba FIT4MOM. All rights reserved.

FIT4MOM

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

1850 Diamond St Suite 102
San Marcos, CA | 92078 US

This email was sent to .

To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.

