



HUDSON  
TWINSBURG  
SOLON

## APRIL NEWSLETTER

# #CommunityInMotherhood

UNITED STRENGTH IN A VIRTUAL VILLAGE



## Events & Happenings

### April Virtual Schedule

Our classes and events have all moved VIRTUAL while we are dealing with the coronavirus pandemic. We will continue to monitor the situation and keep you updated if things change.

Links to the workouts are available to our current members in our private Facebook groups for each program. Links to the free virtual events are available on our Village Facebook page.

If you would like to try out a FREE virtual Stroller Strides class or event, please email [juliebutt@fit4mom.com](mailto:juliebutt@fit4mom.com) for more details.

*We would love for you to join us, mama!*

FIT4MOM Hudson, Twinsburg & Solon							
	MON	TUES	WED	THURS	FRI	SAT	SUN
Virtual Schedule	9:30am Stroller Strides	10am Play Group	9:30am Stroller Strides	8am Bonus Workout	9:30am Stroller Strides	8am Body Back	
		1:30pm Coffee Chat		10am Play Group	1:30pm Coffee Chat		
	9pm Mom's Night In	7pm Body Back	6pm Run Club+	9pm Mom's Night In			9pm Guided Meditation (FB Live)

\*All classes and meetups on Zoom meeting, link provided in private FB groups for members

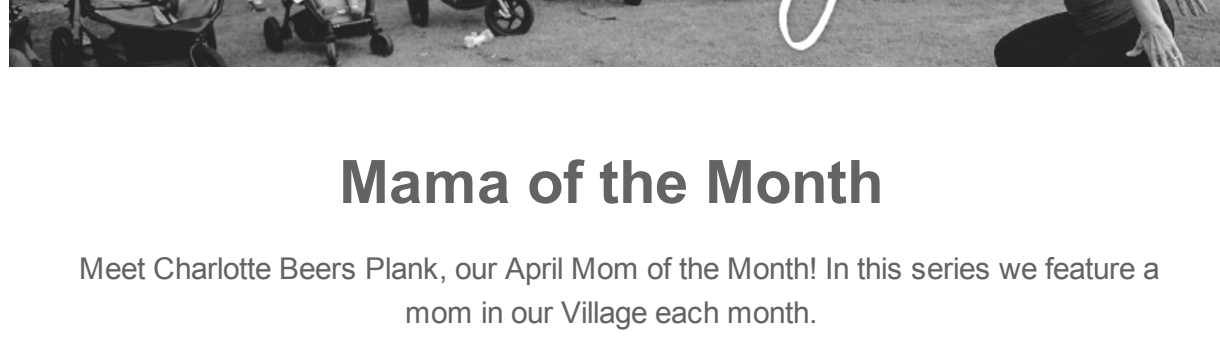
## Activities to do at home with your kids

With the stay at home order in place, many of you mamas are now faced with unlimited time home with your kids. While some of you may be working from home (*see our blog below for tips!*), a lot of you may have some unexpected time off from work, or maybe you are a stay-at-home mom and now find yourself



faced with kids home from school and/or all of their social activities cancelled for the foreseeable future. FIT4MOM HTS is offering weekly virtual play dates and events to fill your schedule (*see virtual schedule above*), but we understand that there are many more hours in the day to be filled! We recommend that you come up with some type of routine or schedule for your child to develop a sense of normalcy amidst all of this change. Likely, you will need some flexibility built in to that schedule as things don't always go as planned, especially with little ones involved. To help fill your day with new and exciting activities for your child(ren), we have put together a GIANT list of activities from a couple different sources.

[VIEW LIST](#)



## Mama of the Month

Meet Charlotte Beers Plank, our April Mom of the Month! In this series we feature a mom in our Village each month.

### Tell us about your family:

I have been married to Aidan almost seven years, together for over 10! We have our sweet Charlie, who is 2.5, turning 3 this summer. We also have a snow-white cat, Lily, who is 6.5.



**Hometown:** West Hartford, Connecticut. I moved to Ohio in 2006 to attend Oberlin College & Conservatory, and never left! We moved out to the East side of Cleveland in late 2015, and moved to Twinsburg in 2017.

**Current/previous career:** I am currently working as the Associate Director of Music & Organist at First Congregational Church in Hudson (UCC). I've been there since the fall of 2015, but I've slowly gained more responsibilities as the years have gone by. I'm so grateful for the music I am able to make there, the choirs I direct, and the children I'm able to teach. I also teach piano lessons, ages 5 and up - my oldest student is 77! I am also a degreed librarian (MLIS) - someday I'll get back to that!

**What does motherhood mean to you?** It is the hardest and most rewarding job I'll ever have. I am so incredibly in love with my son, but he challenges me in so many ways! I am a better person because of him, for sure.

**How did you find FIT4MOM?** I found FIT4MOM through my friend Kate! She knew I was struggling to find an exercise routine, and I still wanted to spend time with my son. I thought I'd go once and hate it..... here I am more than a year later, all in! I am so glad she suggested Stroller Strides to me.

**What classes do you currently attend and why do you love them?** I usually attend 2-3 Stroller Strides classes throughout the week, and I am doing Body Back for the first time this session! I am also training for a half marathon, so I'm doing Run Club+, but the virtual option. Thankful for all of the support this spring as I prepare for my race.

**How has FIT4MOM changed your life?** I have found what I hope will be life-long friendships for both myself and my son, community, support, and a great reason to exercise. I am in much better shape than I have been in a long time, but with people I also love and want to be around! My whole family is better off from finding this group.

**Favorite exercise:** I like the running transitions in classes - I enjoy the cardio - and I like the arms workouts we do.

**What's one thing you would go back and tell yourself as a new mom?** Trust your gut! I didn't find the right balance between work and home for about a year, and I'm still adjusting. I won't get any of this time back, and I am trying my best to enjoy the time I have with my son while he's young!

**Proudest Moment:** I don't know if I have one single moment, but I definitely feel proud for surviving a rough bout of postpartum depression and anxiety. I also felt so proud of my son Charlie when he really started talking, and FINALLY calling me something other than "Teh". Now he is talking nonstop!

**Questions for kiddos:** Charlie, 2  
**How old is Mommy?** Charlie always says  
**What's something Mommy always says?** Aidan  
**What is mom really good at?** Charlotte  
**What's mom's favorite thing to do?** huh?  
**What makes you proud of your mom?** Huh?

*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!*

## My tips for working from home... with kids

Written by Dawn Bobinski

So, your kids are home, bored, asking for snacks approximately every 5 seconds and you, momma, have SO much work to do. What now?



Hi! My name is Dawn Bobinski and I am a mom to three crazy, fun, amazing little boys named Emmett (4.5), Wyatt (3) and Bennett (6 months). I have been a work at home mom now for 4.5 years teaching high school science virtually. I completely understand the struggle and blessing of working from home with kids. I know right now you might be adjusting to a new normal as you try and navigate the work/life balance while working from home with kids. Here are a few tips:

### 1. Get dressed.

I know one of the perks of working from home is that you get to work in your PJs, but I promise getting dressed will help set the tone for your day

### 2. Create a schedule.

Aim to start work at the same time every day. Try and eat lunch at the same time you normally would. In the same respect, if you normally end your day at 4 pm, stop working at 4 pm even if you haven't quite finished everything. It can either wait until tomorrow or later in the night after your kids have gone to bed. When you always have your work right there it can be so easy to get sucked into trying to get it all done, but you and your family will thank you if you turn it off and step away.

### 3. Secret signal.

Have a signal for your kids if you're working on something that requires your full attention that unless it's an emergency, they need to wait. For me, it's my headphones. While I'm teaching a class, my kids know when my headphones are on, they shouldn't bother me unless it's absolutely necessary. When my headphones are off, I am free to talk, open snacks, etc. However, keep in mind there are times they will need you and it's inconvenient.

### 4. Screen time.

I promise screen time isn't going to ruin their lives. It's a tool, use it when you need it.

### 5. Boredom stations.

Try and set up stations in the morning of some activities for them to do, and have them circulate as they get bored.

### 6. Housework.

Do NOT think just because you are home you need to clean the bathroom, do the laundry, pick up toys, etc. if you wouldn't do it normally while you are working, then again it can wait.

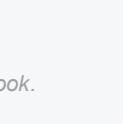
### 7. Grace.

Most importantly, give yourself some grace. This is new for you and your littles, and it will take some adjusting. Not every day will be perfect, but you are doing your best and your kids are loved and that's all that really matters. You've got this!

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

[LEARN MORE](#)

## Stay Connected FOLLOW US:



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