

**WEEK 2**



# MOMMY'S 15 MINUTES

You've been under a lot more pressure recently, and we know you're busy! Take only three 5-minute intervals to rejuvenate, refresh and reset.

## MORNING

### REJUVENATE

Spend 5 minutes on boosting your energy and helping your body get ready for the day ahead



## NOON

### REFRESH

Spend 5 minutes midday on feeling beautiful and special because you are

## NIGHT

### RESET

Spend 5 minutes before going to bed on reflecting, loving, and connecting



# DAY 1

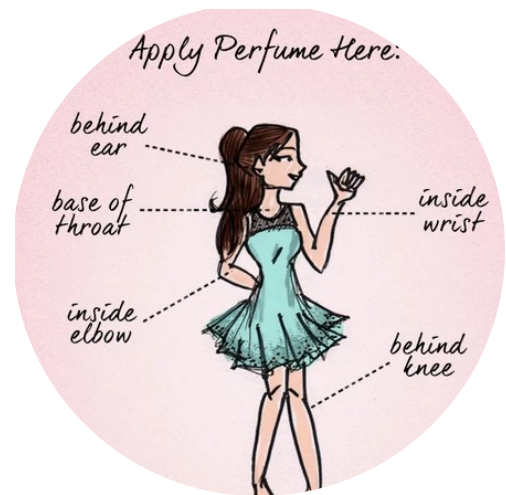
## MORNING

This morning try this ab workout called opposite arm and leg raise. Sit on your hands and knees with your back as straight as possible. Extend your arm and opposite leg, then bring your elbow and knee together then extend again. Do this for 2 minutes, then switch the arm and leg. This is a great exercise for strengthening your core.



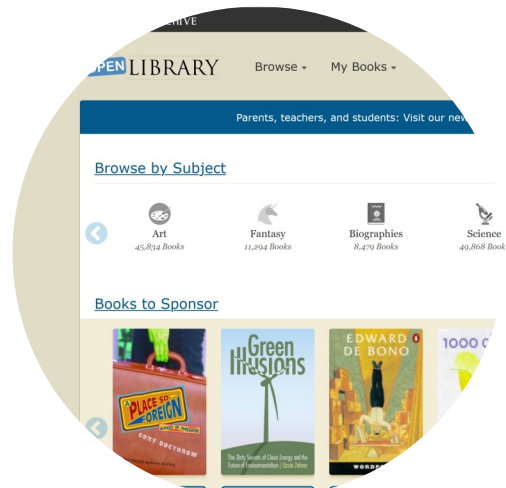
## NOON

Perfume helps you smell wonderful and feeling fresh all day. This afternoon, use perfume the effective way: Spray some on your wrist, then dab your wrists together (Don't rub) and dab behind your ears, base of your neck, inside elbows and behind the knees. Avoid spraying too much perfume as it may become too strong for you and others around you. A bit of perfume in these areas will stay longer on you than spraying a lot everywhere.



## NIGHT

If you've been putting off choosing a book to read, tonight is the night. Libraries may be closed or inaccessible, but 'Open Library' is always available. Take 5 minutes to sign up for this online library and borrow 3 books to read. This won't take more than 5 minutes!



<https://openlibrary.org/>

## DAY 2

### MORNING

This morning give your body a boost of Vitamin C by squeezing two lemons into hot water. You may sweeten with honey. This easy and quick hot drink does wonders to your body:

- 1. it helps detox your body**
- 2. It wakes up your digestive tract**
- 3. It supports weight loss**
- 4. It soothes an upset tummy**



### NOON

The tannin in tea bags has been proven to reduce swelling (baggy under eyes) and discoloration (dark circles). Either put your used tea bag in the fridge or let it cool down for a half hour. Then damp the tea bag over your eyes for 5-10 minutes.



### NIGHT

Tonight try to get in touch with your creative side. Take a piece of paper and pen and try to draw your best friend. Make a stick figure if you'd like.

What is their hair like?  
What clothes do they like to wear?  
What is one item they usually carry?  
Where is their favorite place to be?  
Don't worry about your drawing skills, just have fun with it and if you like it, send a picture of it to your best friend.



## DAY 3

### MORNING

Downward Dog is a yoga pose that's amazing for your back and legs. It helps relieve stress on the neck and shoulders as well. Try it this morning and alternate between this pose and other poses you know.



### NOON

Do you want bangs but don't want to commit to them and cut your hair? No problem! Today, try this fake bang hack that will give you a new look without the commitment!



### NIGHT

Cat Videos are very popular on youtube. For a good reason! They're so cute and hilarious. Watch this short video of cats tonight.

<https://www.youtube.com/watch?v=aK94wpWFDZc>

**Are you a cat or dog person?  
Or do you prefer no pets?**



## DAY 4

### MORNING

A green juice made of cucumber, celery, lemon and parsley is a great way to start the day. Because the fiber is removed in juicing, the nutrients are absorbed within minutes. Green juices are loaded with electrolytes and minerals that rapidly hydrate – you will feel your brain turn on within minutes. Use a blender to mix the veggies together and don't be afraid of substituting.



### NOON

You're on your feet a lot of the time and this can cause dead skin to accumulate on your feet and cause swelling. Make this foot scrub by mixing in a container:

- 1/4 cup coconut oil**
- 1 teaspoon cinnamon**
- 1 cup sugar**

The sugar exfoliates the dead skin while the coconut oil moisturizes your feet. Rub this scrub on your feet while massaging it in the shower



### NIGHT

Tonight, think about the things that make you smile. Write down on a piece of paper or think about 30 things that make you smile.

Are you smiling yet?



## DAY 5

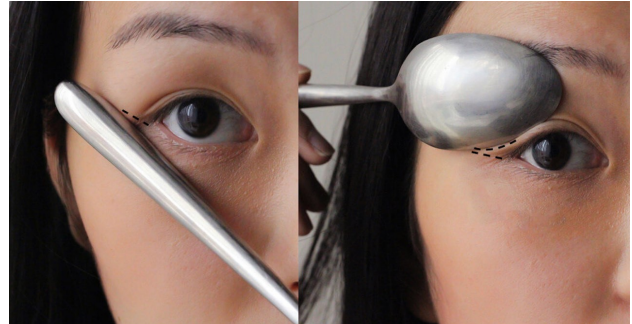
### MORNING

You don't need weights or expensive equipment to get nice triceps. Take five minutes this morning to try the chair dips. Place a chair behind you and put your hands on the chair as indicated on the picture. Slowly lower your body as far as you can go without your bottom touching the ground. Then go back up slowly and repeat 10 times. Can you do more tomorrow?



### NOON

A spoon is very handy when applying make up. One way is to use it to shape your eyeliner. Use both ends to get a perfect eyeliner wing. Make sure use angle the spoon in a way that matches both eyes.



Watch this inspiring TED Talk on breaking habits and creating new habits in 30 days. Reflect on his words.

<https://youtu.be/UNP03fDSj1U>

**Do you have habits you'd like to subtract from your life?**

**Have you wanted to add a new habit to your life?**

**If you were work on a habit for 30 days, what would it be?**

### NIGHT



**We equip mothers facing multiple barriers to become engaged citizens confident parents, and prepare their children for success in school.**

**The Mothers Matter Centre**, home of the Home Instruction for Parents of Preschool Youngsters (HIPPY) Program in Canada – is a not-for-profit, registered charity incorporated in October 2001. We are a virtual, national consortium of organizations dedicated to serving socially isolated and low economic status mothers and their families.

Our foundational program, Home Instruction for Parents of Preschool Youngsters (HIPPY), was piloted in 2000 at the Britannia Community Service Centre in Vancouver, BC, HIPPY. Since then, it has grown to 25 sites across Canada each of which helps 35 - 100 families each year.

In addition to HIPPY, Mothers Matter Centre delivers a suite of programs that serve isolated, vulnerable families including: Bond to Literacy, the Adopt-a-Reader campaign, and Newcomer Innovations.

**Our Honorary Patrons** are Her Excellency **Julie Payette**, C.C., C.M.M., C.O.M., C.Q., C.D,

**Home Instruction for Parents of Preschool Youngsters (HIPPY)** is an evidence-based program that works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher.

HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life. As the foundational program of the Mothers Matter Centre, HIPPY Canada has transformed more



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