



# Introduction Card

These cards are short exercises in mindfulness and self-hypnosis that can be used in a group or on your own.

These cards can be a daily addition to your routine and will help you along your parenting path.

They can be used alongside the Mindful Mamma book by Sophie Fletcher.

# Are you doing this in a group?

Babies will cry during exercises!

If your baby is crying or someone else's baby crying, or if there are babies making a noise during a relaxation exercise, take a deep breath and notice how you are feeling in that moment. Then breathe out and let it go. Coming back to the exercise when you can.

We all parent differently. Please be respectful of other's parenting views.



1

# Sensory spotlight

Take a moment to notice what  
you can...



See



Feel



Hear



## Self care shower

Use a soothing mantra when you have a shower.

“As I am washing myself I am caring for myself”

As I am shampooing my hair I am soothing my mind”

“As I am rinsing my hair I am washing away .....

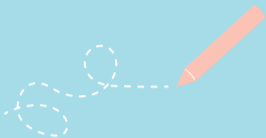


3

## Connect and calm

What are you feeling in this  
moment?

Take a deep breath and notice  
that feeling. As you breathe out  
soften your shoulders and  
relax. Keep doing this until you  
feel calmer.



4

## Power up your affirmations

Trace the affirmations from the book, decorate them and have them up around your home.

Or just read out your favourite one!



5

## Relax and rest

Put on the rapid rest relaxation and rest.

If your baby needs attention, check all is well and go back to the relaxation.





6



## Eat slowly and mindfully

Whether a banana or a biscuit pay attention to the flavour and texture of what you are eating or drinking today.

You can do this together with baby as they move onto solids.

# 7

## Creating your circle of calm

Imagine your sitting in your circle of calm for 3 minutes. In that time nothing matters but you and baby. Everything else stays outside your circle.

8

10 second breath



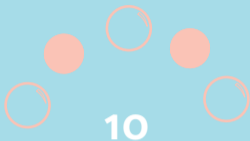
Slowly breathe in to 4 and  
out to 6



## 9

# Self-Care Jar

Write down 5-10 things that you can do quickly and easily that are free and don't cost anything. If you have already done this, dip into your jar today and do something to lift your body and mind.



# Juggling

What can you drop today to make your day a little easier?

Take this opportunity to let go of something and create some space for your needs.

The background of the page is white with a decorative pattern of orange circles. The circles are arranged in a circular pattern around the central text, with some overlapping. The number '11' is centered in orange.

11

## Circle of support

Who is in your circle?

Why not send them some love today? Whether a message or a phone call, it's good to keep in touch with your circle of support.

12

# Your heart's values

Connect with your values today. How will you approach today's tasks?

- ♥ Enthusiastically?
- ♥ Lovingly?
- ♥ Kindly?
- ♥ Efficiently?
- ♥ .....



13

## Mindful feeding

Today focus on baby whilst feeding. See how many things you notice that you haven't noticed before.





14

## Golden light

Imagine a beautiful golden light  
of energy around you.

Imagine breathing that light in,  
moving it down through your  
body, strengthening your body  
and mind.

As you breathe out,  
breathe out any fatigue.

Repeat x 3

# 15 Metta meditation

Read this out three times.

‘May I be free from danger.  
May I have mental happiness.  
May I have physical happiness.  
May I have ease of wellbeing.’

by Sharon Salzberg



# Window to your baby's soul

Trace your baby's facial features slowly, looking into their eyes.

How many colours do you notice? What haven't you noticed before.



17

## Calmer Crying

Hold your baby, take a deep breath, soften your body.

Be still in your mind and soft in your body. Breathe deeply.

Have patience, be loving towards yourself and your baby.

You will get through this!

It will pass.



18

## Mindful tea

Make yourself a cup of tea or perhaps someone will make it for you.

Drink it slowly and enjoy the act of drinking a simple cup of tea.



19

# Mindful movement

Connect with your body through body breathing, walking; or put some music on and dance!



20

## Honouring the mother in you

Put your hand on your heart  
and thank yourself for  
everything you have done, this  
week, today or even this  
morning.

Can you think of 5 things,  
however small?



21

## Your self-care rainbow

Do something from your  
downloadable self-care  
rainbow from the Mindful  
Mamma book.

You can spend at least 10 seconds  
on yourself today can't you?





# Mind your Language!

Today practice simple gratitude. Instead of “I HAVE to change my baby’s nappy”, “I GET to change my baby’s nappy”.

Think about how you use “have to” and “get to” today.

## 23

# Closing exercise in a group

Everyone writes a positive statement about other participants.

Then participants gather them up and put them together in a little booklet to take away.