

A GUIDE

SELF-CARE HACKS *for* PARENTS



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INTRODUCTION

hello!

Welcome to Motse Moments This mini workbook was created to bring a sense of calm, connection, and joy into your daily rhythm. Whether you're navigating a toddler tantrum or simply trying to catch your breath between snack times, these pages are here to remind you: you're not alone, and you're doing your best.

This space is especially for you if you're parenting a little one aged 0–6 and seeking ways to regulate emotions, strengthen secure attachment, and nurture daily rituals that feel grounded and affirming.

How to use this workbook:

Print it out or keep it on your device

Choose one page to focus on each day or week

Reflect honestly, and give yourself grace

Use it again

We see you. We honour the work you're doing. Let's begin.

anytime you need a fresh reset

Best regards,

Sindiswa Koti



Daily Reset Ritual for Parents

A moment for you Before you pour into your little one, take a moment to refill your own cup.

🫶 Reset Practices for Today:
Grounding Breath Inhale for 4, hold for 4, exhale for 4. Do this three times. Feel your feet on the ground.
Loving-Kindness Phrase “May I be patient. May I be present. May I show myself the same love I give.”
Gentle Stretch Reach to the sky. Roll your shoulders. Unclench your jaw. Let yourself soften.

🧠 Mood Check-In: Circle where you are today:

😌 Calm | 😐 Okay-ish | 😫 Frazzled | 😢 Overwhelmed |
❤️ Grateful Remember: all feelings are welcome here.



Connection Moments with Your Child

Tiny rituals, lasting bonds You don't need a perfect schedule—just a few sacred moments each day.

💬 Try These Today:

Heartbeat Hug – Place your hands over each other's hearts and breathe together

Face Mirror Game – Take turns making silly faces and matching each other

Emotion Match – Name and act out how you're both feeling today

Calming Hand Massage – Gently trace their palm while telling a story

Goodbye Connection Cue – Use the same phrase or gesture every time you separate ("Mama loves you big-big")

Connection is the soft thread that holds the day together



Learning Through Love
Inspired by Howard Gardner's Multiple Intelligences



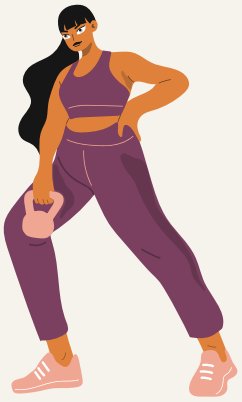
Intelligence Type	Activity Idea
Bodily-Kinesthetic	Dance party to express big emotions
Linguistic	Make up a story about today's adventure
Musical	Create a "calm song" you sing together daily
Logical-Mathematical	Sort toys by color or size before clean-up
Spatial	Draw how you both felt today using colors
Interpersonal	Role-play "kind helper" with dolls or toys
Intrapersonal	Pick a quiet spot to sit, breathe, and notice feelings
Naturalistic	Collect nature treasures and talk about them

✨ Every child shines in their own way—nurture the light that's already there.

Weekly Connection Tracker

This week I'll try to:

✅ Create 1 calm morning ritual
✅ Practice my self-soothing mantra
✅ Do 2 connection activities
✅ Pause to check in on my mood
✅ Write 1 reflection in my journal



🎯 Circle your self-care moments:

[ ] Moved my body
[ ] Drank water mindfully
[ ] Took a deep breath before responding
[ ] Said something kind to myself

Affirmation: 🌱 "Even in the chaos, I can return to calm."

Journal Reflection

Reflect & Reset Take a quiet moment (just 5 minutes!) to breathe and jot down your week.

Today, we felt connected when:

_____

One moment of calm I created was:

_____

A parenting win I want to remember:

_____

I'm grateful for:

_____

One thing I'm learning about myself:

_____

💖 There's no perfect parent—only present ones.



Thank You & Next Steps

Dear parent, Thank you for showing up—for yourself and for your child. Motse Moments is just the beginning. I'd love to walk this path with you.

Join the Motse Parenting Group Get printables, weekly support, and a cozy online space just for you.

✨ We grow better, together.
]You'll receive:
Bonus routines & journal pages
Support group updates
Loving check-ins to remind you—you've got this.

