



Save the Children®



MAY IS FOR ME

This month, we encourage
every mom to take
special care of herself

Dear moms,

You give your time to others – comforting, reassuring, feeding, listening. Every day, without hesitation. It's just what you do.

At Save the Children, if we've learned anything in our over 100 years of caring for children, it's that mothers care so deeply and do so much to ensure their children have the lives and futures they deserve – sometimes, they forget to take care of themselves.

That's why we've curated this special self-care kit in appreciation for EVERYTHING you do. Think of it as an online gift basket that you can enjoy, and share with the other amazing women in your life.

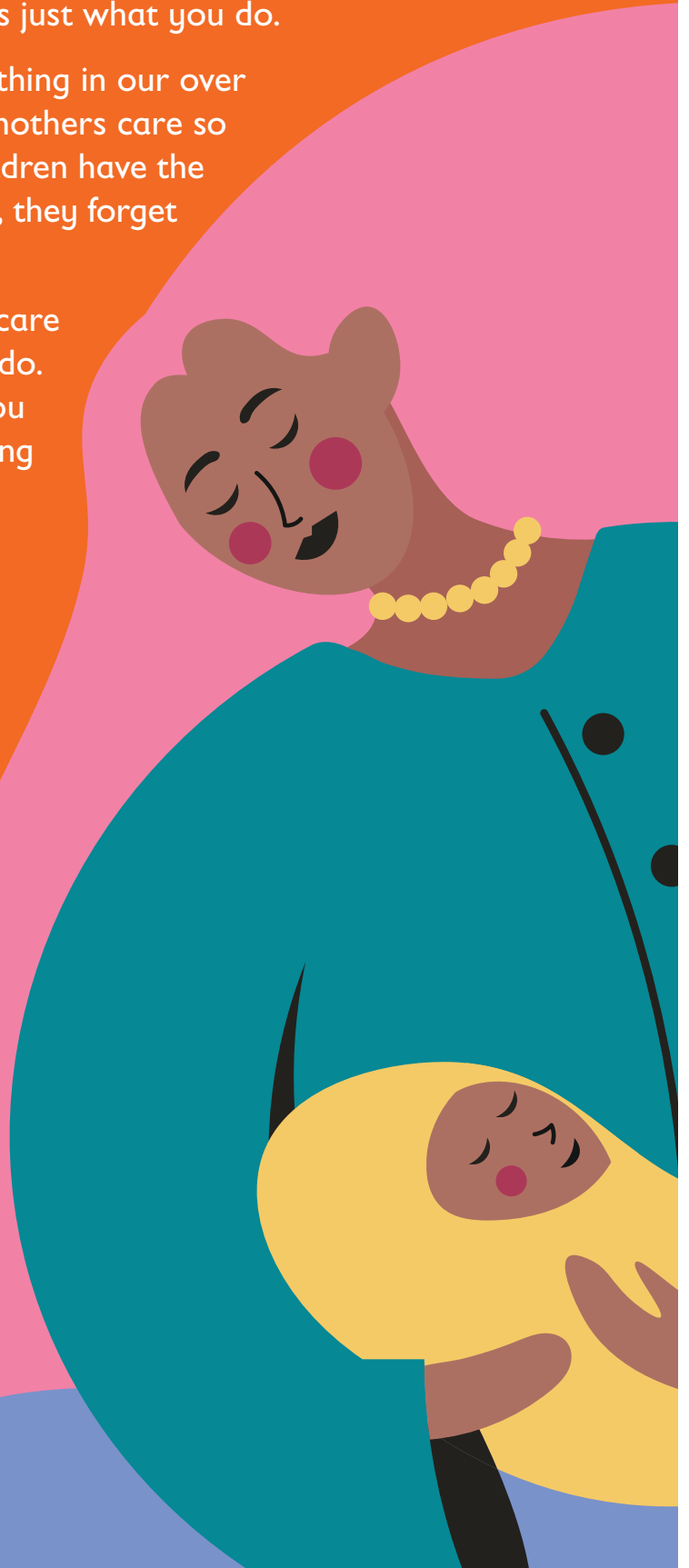
I hope you enjoy some lovely tools to give back to you. Love makes the world go 'round, and we can all use a little more of it, every day!

With gratitude,



Janti Soeripto
President & CEO,
Save the Children

To learn more about our work and find parenting resources for you and your children, visit savethechildren.org/kidswhocare.



LIFE HACKS FROM AROUND THE WORLD

Tried-and-true secrets of eating, relaxing and exercising

We may not be able to travel right now, but we can feel inspired – as we dream about our next vacation – by borrowing a few top habits that keep people around the world healthy and happy. Let's go!





THE NETHERLANDS

It's nearly impossible not to spot bikes in a photo of Amsterdam. That's because most commuters head to work on two wheels, not four. Exercise is an essential part of every day, rather than a chore.

Dutch hack that gives back: It may not be practical to cycle to work every day, but being mindful to walk or cycle as much as you can will keep your long-term health – and happiness – assured.



INDIA

In India, copper utensils are often used for storing and drinking water. This practice has a number of health benefits associated with it – that are especially important as we age.

Indian hack that gives back: Use a copper cup for drinking water throughout the day. This simple activity can help boost your immune system, aid digestion, speed healing, strengthen joints and improve digestion.



NIGERIA

Commonly known in Nigeria as “ugwu” or “ugu,” pumpkin leaves are eaten throughout Africa and form a common part of the diet when available. Leaves can be eaten fresh or dried, and they pack a vitamin-rich punch.

Nigerian hack that gives back: You can steam pumpkin leaves, or add them to a hearty stew. Your body will thank you! Every serving contains Vitamin A, Vitamin C, calcium, and iron, as well as folate, potassium and B-vitamins.



ASIA

We all know and love rice as an easy, tasty side dish. It's also healthy: rice helps reduce inflammation, improves nervous system health and is a good source of energy. But you may not know that for many people in Asia, rice is a staple in their skin care routine!

Asian hack that gives back: Next time you cook some jasmine rice at home, keep that water and use it to wash your skin (just make sure to let it cool first!). The antioxidants found in rice remain in the cooking water. So why not take advantage of some of the ingredients in expensive skincare products, at a much lower cost!

CARE FOR YOUR BODY AND YOUR MIND

The little habit that makes a big difference



When you care for others all day long, checking in with yourself can be the last thing on your mind. Who has time for that?

With a **mindful body scan**, you do! It's a simple way to check in with what's going on in your own skin. A body scan is like meditation, but instead of focusing mainly on your breath, you give your attention to the sensations in your body.

So find a comfortable spot and relax. Follow these steps, adapted from [insider.com](https://www.insider.com), to begin your mindfulness journey. Try it today!

- **Get in position.** Sit or lie down somewhere comfortable, and gently close your eyes.
- **Focus on how your body feels.** Notice how you are sitting. Feel the weight of your body on the floor or in the chair. Take a few deep breaths.

- **Move your attention slowly through the body.** When you're ready, start with your feet and slowly progress up your body – legs, shoulders, arms, neck – until you reach the top of your head. At each body part, stop for a few seconds and notice how it feels: tense, relaxed, tingling, painful? Just notice how it feels.
- **When your attention wanders, notice that and return to the body scan.** Your attention will wander, and that's okay. When it does, acknowledge it, and gently bring your attention back to a specific body part.
- **Take in your body as a whole.** After you've moved through your body, spend a few moments noticing how your entire body feels. Take a few more breaths and slowly open your eyes.

You can do mini-body scans throughout the day: just pick a tense body part and start there. And a body scan is a great way to relax for sleep!

GIVE YOUR BODY THE MOVEMENT IT CRAVES

Quick, effective workouts to keep your sanity during a hectic day



That last work call went *way* overtime. You know you'll feel energized if you can fit in a sweat session. But the long workout you planned is out of the question now, so what to do?

Don't give up! You can still get moving and even involve the kids! Some easy (and fun) 10 minute exercises to get your body moving and blood flowing include:

1. Practice a simple yoga flow
2. Jump rope for 10 minutes
3. Put on your favorite playlist and dance
4. Walk around the block
5. Power through a kickboxing burnout

Check out one of these [efficient, total-body workouts](#) created by [self.com](#) and give back to the body that supports you every day.



GETTING BACK THE DINNER HOUR

Take the stress out of meal planning tonight with this quick and oh-so-fancy **Classic Shrimp Scampi!**



Imagine leaving work or the school pickup lane knowing exactly how tonight's dinner planning will evolve from vague idea to comforting meal. It's possible! Just note down this shopping list and recipe, then follow along and sit down to deliciousness in under 30 minutes.

Ingredients:

- Kosher salt
- 12 oz linguine
- 1 ¼ lbs. large uncooked shrimp, peeled and deveined
- ⅓ cup olive oil
- 5 cloves garlic, minced
- ¼ to ½ tsp red pepper flakes
- ⅓ cup dry white wine
- Juice of ½ lemon, plus wedges for serving
- 4 tbsp unsalted butter, cut into pieces
- ¼ cup chopped fresh parsley

Get Making:

1. Bring a large pot of salted water to a boil and prep your ingredients. Add the linguine and cook as the label directs. Reserve 1 cup cooking water, then drain.
2. Meanwhile, season the shrimp with salt. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and red pepper flakes and cook until garlic is just golden, 30 seconds to 1 minute.
3. Add the shrimp and cook, stirring occasionally, until pink and just cooked through, 1 to 2 minutes per side. Remove the shrimp to a plate. Add the wine and lemon juice to the skillet and simmer until slightly reduced, 2 minutes.
4. Return the shrimp to the skillet, along with any juices from the plate, as well as the linguine, butter and ½ cup of the reserved cooking water.
5. Continue to cook, tossing, until the butter is melted and the shrimp is hot, about 2 minutes, adding more of the reserved cooking water as needed.
6. Season with salt; stir in the parsley. Serve with lemon wedges and a simple side salad. Enjoy!

Recipe and photo courtesy of foodnetwork.com.

BECAUSE MOM

Need a dose of inspiration today? Watch this heartwarming video, from us to you with love. It's been specially created to bring you closer to the lives of caring moms like you around the world in communities where we work – all thanks to the support of our incredible Save the Children supporters.

You will feel all the feels. Because mom ...

You can also watch at savethechildren.org/because-mom.



LOOKING TO UNWIND? FEEL INSPIRED? BE ENTERTAINED?

There's a podcast for that

True crime, comedy, meditation, hard-hitting interviews ... whether you like to relax by keeping up with the latest news or by finding your next binge, it's all there on an audio platform.

If you're not sure, here are five great podcasts about self-reflection and personal care:

1. Unlocking Us with Brene Brown
2. Oprah Super Soul Conversations
3. Ted Talks Daily
4. On Purpose with Jay Shetty
5. Party in my Plants

Check them out, and even enjoy with your child!



LOSE YOURSELF IN A BOOK

Your next read is ...

For those times when you want to truly unplug, nothing beats escaping with a really good book. And figuring out what to read next is easy when you tap into an online sharing community.

Sites like [Goodreads](#), [The Book Seer](#) and [Whichbook](#) expertly guide you to your next favorite page-turner based on your personal preferences.

READING WITH A CAUSE

Being socially minded and responsible has never been more important, and we at Save the Children are committed to this practice. That's why we're passionate about recommending literature and books for children that are socially conscious – whether it's celebrating race and different ethnicities or gender equality. Check out our curated children's book collection on race and ethnicities at www.savethechildren.org/us/charity-stories/black-history-month-reading-list-children-books and our top book picks for gender equality at www.savethechildren.org/us/charity-stories/childrens-book-gender-equality.



LOSE YOURSELF, BUT NOT YOUR SPOT

A small gift

Thank you for being you. Here are some bookmarks you can print (to keep or share).
They'll ensure with each new book, you'll never lose your spot.

Happy reading!





**TOGETHER, WE CAN MAKE THE
WORLD A BETTER PLACE FOR MOMS
AND CHILDREN EVERYWHERE.**

YOU are the reason children's lives are changing.
You share our belief that every child deserves a future.

We hope this kit will inspire you to take the time you deserve to
care for yourself always – especially throughout the month of May.



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