



TOP HEALTH & SAFETY TIPS FOR *Mother's* DAY



A vertical strip on the left side of the page shows several cupcakes. The most prominent one in the foreground is in a pink and white polka-dot liner, topped with white frosting, a pink rose, and green leaves. Other cupcakes with blue and pink frosting are visible in the background.

Contents

INTRODUCTION 3

KEEPING MUMMY HEALTHY 4

KEEPING CHILDREN SAFE 6



Ahh Mother's Day, the one day of the year that's all about you. To celebrate Mother's Day on the 6th March 2016, we've put together this eBook with the help of those fantastic Mum Bloggers, featuring a variety of expert tips to keep both Mother and Child healthy and safe all year round.

In this eBook you'll find tips on keeping yourself healthy with the right food & drink, exercise and lifestyle, along with tips on keeping your child safe, whether in the home or out and about. Thank you to this hand selected group of Mum Bloggers for their expert advice.

Keeping Mummy Healthy ♡

SLEEP

"Get plenty of sleep, it's amazing how quickly you can get run down and pick up bugs, especially in winter. Lots of rest and relaxation will help to keep the body and mind clear and healthy, a great excuse for a long soak in the bath or a sneaky spa day too." - Laura

(www.wafflemama.uk)



DRINKING WATER

"I can't stress enough the importance of drinking water. As mums we're generally sleep deprived, fighting bugs brought home from school and meals are usually eaten on the run - so ensuring you're hydrated goes a little way towards helping you maintain focus and ward off those pesky germs." - Jess

(www.theonlygirlinthehouse.com)

EXERCISE

"It's been proven that you should never exercise on an empty stomach. Eating a low-GI meal before a workout, is not only nutritious but helps power you through without losing momentum." - Lizzie

(www.firstooth.co.uk)

FRESH FLOWER WATER

"What Mum doesn't love flowers on Mother's Day? Just make sure you refresh the water in your vase every couple of days to prevent a Legionella breakout in the home! If Daddy cheaped out at the local, garage the flowers will probably only last a day anyway..." - Sarah

(www.mummuddlingthrough.com)

CHERISH MEMORIES

"Nothing lasts forever" - so cherish the good, bad and the ugly! Those initial days where day morphs into night and night into day but you don't seem to have had an ounce of sleep; those precious moments where your baby does the cutest thing like kisses you through the baby gate; the days where they test your patience ... Remember, nothing lasts forever." - Harps

(www.babybrainmemoirs.com)

LOTS OF REST

"A great health tip for mothers is to get as much sleep as you can! There's nothing worse than feeling sleep deprived when looking after children." - Kerry

(www.noahandthegirls.com)

RELAX

"Make sure you look after self as we can be so busy looking after our little ones that we neglect ourselves. Take some quality time for yourself to relax and de stress." - Katie

(www.mummysdiary.co.uk)



*Keeping children
healthy & safe*





HAVE A VERY HAPPY
& SAFE MOTHERS DAY

from

SHEilds

