

Mother's Day GUIDE

Celebrating Mother's Day

Mother's Day should be about pampering Mom, but it is also a great holiday to get the whole family together.

Consider celebrating Mother's Day in one of the following ways.

DO BRUNCH

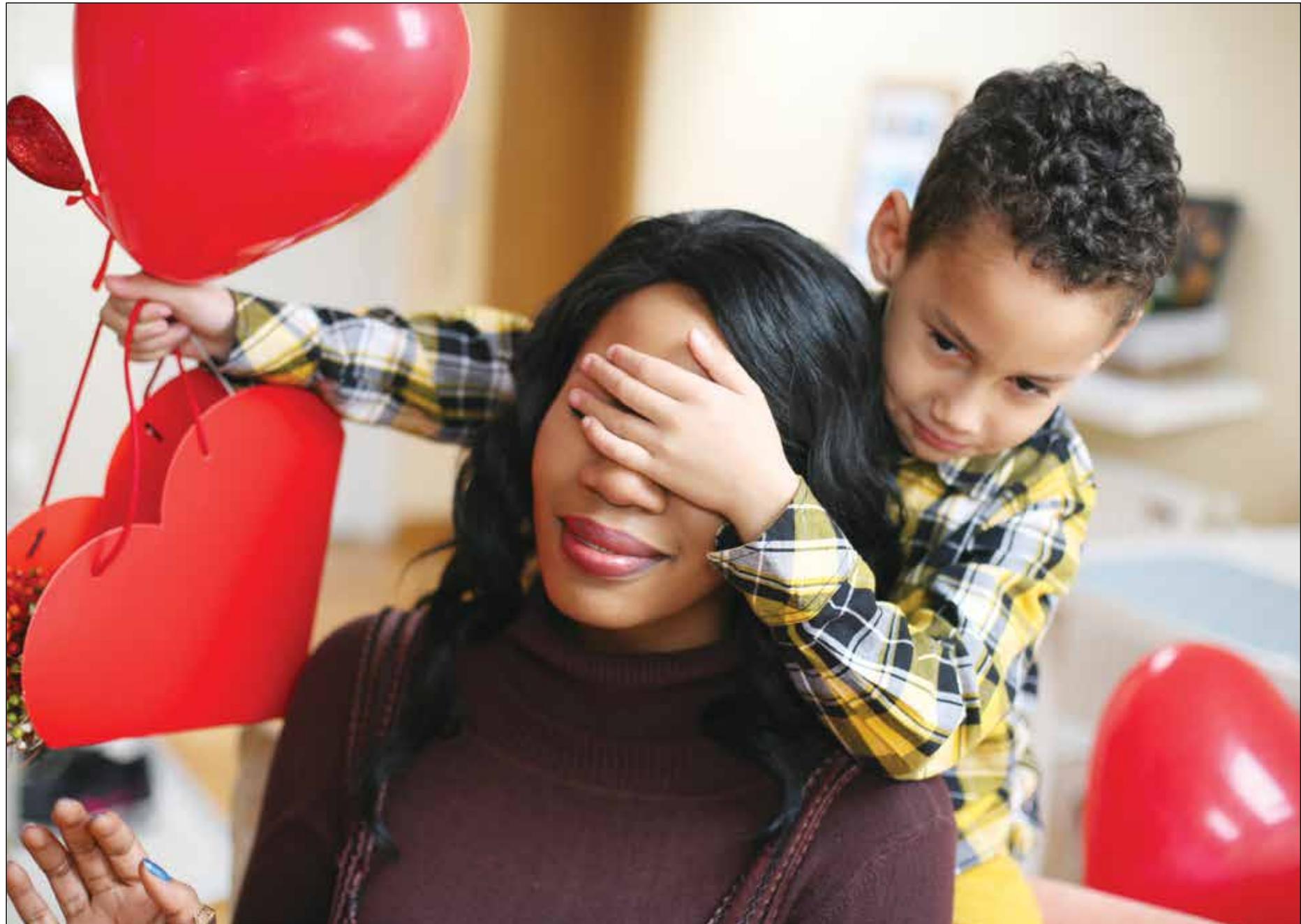
Whether you have grand DIY plans or make reservations at a favorite restaurant, breakfast has been a Mother's Day crowd-pleaser for decades. Why not include Mom in on the planning, and see what she wants to do? You may think she would prefer a quiet breakfast in bed but she may suggest getting a crew of friends together to honor a bunch of moms together.

Check with local restaurants to see what kind of deals they have for Mother's Day. Some have bands, give mothers flowers or run other special promotions your family will enjoy.

CREATE A COMIC STRIP

You don't have to be artistic for this to be a fun event, and the more people who contribute ideas, the sweeter (or funnier) the result will be.

Start with a basic four-panel layout, and choose an event to focus on. It's also probably best if one person be the designated designer (unless part of the fun for your family is taking turns



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drawing). From there, let the suggestions flow.

MAKE A SPA APPOINTMENT

Book an appointment for your mom to get pampered. Whether you book a whole day of relaxation or gift mom her favorite treatment such as getting her nails done — every

mom will appreciate the TLC on Mother's Day. Tight on cash? Create your own spa at home. You are only a few candles and some soft music away from giving Mom her own oasis.

PLANT SOMETHING

There is something about nurturing life that strikes a chord on Mother's Day. Getting

the family together and getting hands dirty may be just the ticket. This can also be a great way to honor a mom that has passed on. You could even choose a perennial bloom so that you can watch it come back every year.

PICK UP THE PHONE

Quality time doesn't have to

be spent in person. In fact, more calls are placed on Mother's Day than any other day of the year. So pick up the phone and have a good chat with your mom.

Let her know what's new with you and ask about her day as if you are sitting across from each other at the kitchen table.

Slam Dunk Breakfast

Having breakfast with Mom on Mother's Day has become an American tradition. While it can be fun to get dressed up for brunch or a hosted breakfast at someone's home, cooking Mom her own special spread is a great way to show your appreciation for all she does for you.

What should you serve? We've got you covered. Whether you choose to serve her bedside or at the table, here are ideas for every skill level that will leave mom smiling and full.

THE NOVICE

New to the kitchen? That's OK. It's time to pull out the muffins, croissants and biscuits. Don't overlook toast. It can be dressed up and dressed down in the tastiest of ways.

- Muffins: Choose Mom's favorite; blueberry, chocolate chip, and banana nut are normally crowd pleasers.
- Toast: So many things are good on toast. Try avocado, eggs, roasted red peppers with cream cheese or peanut butter. From sweet to savory — anything goes.
- Croissant: Keep it simple. Purchase a few from a local bakery and offer them with butter and jam.

THE INTERMEDIATE

The breakfast casserole is your friend. These dishes are not only tasty, but they make it seem as if they were more work than they actually require. The secret is that most of the prep work can be done the night before. And who doesn't love a good egg? One dish and done. Consider any one of the following combinations:

- Bacon and cheddar

THE EXPERT

These choices mean getting

- Swiss cheese and ham
- Asparagus and artichoke
- Sausage and potato

up way earlier than mom (and being quiet in the kitchen).

- Homemade waffles with fruit and fresh cream. Do not be intimidated by fresh cream — just whip heavy cream with

a little sugar for three to five minutes.

- French toast with candied bacon. If you've never candied bacon before, you are in for a treat. It's as easy as baking

bacon with salt, pepper and maple syrup.

- Brie and apple tart. Or any tart really. Because who doesn't love the combination of pie crust, fruit and cheese?



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What's in a Flower?

While giving flowers and plants certain meanings stretches as far back as the Middle Ages, it was the Victorian Era that popularized the practice. There are many occasions and reasons why we give flowers, and knowing which flower symbolizes a certain affection will only enhance your gift.

ROSES AND LILIES

Roses and lilies are two popular flower choices that have different meanings as their colors change. Choose a bouquet of one color to convey one particular sentiment or choose multiple blooms to customize your message.

Here are some common meanings for various flowers, according to the Old Farmer's Almanac:

- **Red roses:** Love and romance.
 - **Pink roses:** Gratitude, admiration and joy.
 - **White roses:** Innocence and purity.
 - **Yellow roses:** Friendship.
 - **Orange roses:** Passion.
- Lilies commonly grow in white, pink, red, and orange and yellow.
- **White lilies:** Purity and virtue.
 - **Pink lilies:** Prosperity and abundance.
 - **Red lilies:** Symbolize passion.
 - **Orange lilies:** Confidence and wealth.
 - **Yellow lilies:** Thankfulness.



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HERBS

Herbs can make a lovely addition to a bouquet or a wonderful gesture all on their own. A bonus is that many herbs can be repurposed somewhere else in the house,

such as for cooking or for pot-pourri. Here are a sample of herbs that could be appropriate for Mother's Day.

- **Basil:** Love.
- **Bay laurel:** Success
- **Chamomile:** Comfort
- **Lavender:** Devotion
- **Lilac:** Joy or youth
- **Mint:** Virtue
- **Oregano:** Joy
- **Parsley:** Gratitude
- **Rosemary:** Remembrance
- **Sage:** Wisdom

- **Thyme:** Courage
- **Violet:** Loyalty

CARNATIONS

Carnations are one of the most popular Mother's Day flower choices. While their

meaning doesn't change with their color, tradition dictates that pink and red carnations be given to living mothers, while white carnations are for honoring mothers who have passed away.

Craft: Letter Tile Coasters

If your mom loves to craft, why not spend Mother's Day making something you both can enjoy? Crafting drink coasters from Scrabble tiles is easy, useful and customizable.

Time Required

- 1-2 hours (This depends on how long you spend choosing your tiles!)

What You'll Need

- Scrabble tiles: No need to forage for old game board pieces, you can order them in bulk from major retailers.
- Super glue
- Cork board: You can usually find pre-cut, coaster-sized cork at a craft store.
- Utility knife
- Cutting board: A wooden cutting board is best, but any cutting board will work just fine.
- Wax paper or newspaper
- Clear polyurethane spray: You can purchase a matte or shiny finish, whatever your preference.

Directions

Step 1: Choose your letters.

One of the great aspects of this project is that it is so customizable to a person's preferences or hobbies. A popular choice is to theme coasters off of favorite beverages, such as tea, coffee, beer or wine.

However, you can easily choose words based off of favorite hobbies, sports or foods, as well.

Step 2: Glue your letters.

Now it's time to glue your letters to the cork. Each letter will only need one drop of

super glue. Choose one edge of the cork to line the first row against.

Step 3: Cut any excess cork.

After you've allowed the glue to set for a few minutes (it's super glue, so it doesn't take long), use the utility knife

to cut off any excess cork. Remember to cut on a cutting board so that you don't inadvertently cut into your table.

Step 4: Seal

Now it is time to seal your coasters so they are safe from glass condensation. Place

each coaster on wax paper in a well-ventilated area and give them a good spray of polyurethane, following the instructions on the canister. Depending on the brand of polyurethane you chose, the coasters should be ready to use in 24 hours.



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Mother's Day Without Mothers

As many of us begin to make preparations to celebrate our mothers, it is important to remember that some people's mothers have passed away or they may not have a relationship with their mother.

For them, Mother's Day can be acutely painful. Here are just a few ways to cope with the holiday.

SHARE A MEMORY

Reach out to people who knew your mother. Sharing memories is not only a great way to honor a mom but can also be therapeutic for those who have a complicated relationship with their mothers.

LET GO OF GUILT

Remember that many relationships are complicated and you shouldn't feel pressured to celebrate Mother's Day in any particular fashion. How you spend the holiday is up to you, even if your decisions come with guilt. Be honest with yourself and those around you. Respect your feelings and give yourself the grace to do what's best for you.

RECOGNIZE THE CHANGES IN YOUR LIFE

Perhaps this is your first Mother's Day without your mother. Don't worry yourself about doing anything big on Mother's Day. If performing some act of appreciation — whether it be working in the garden or attending a Mother's Day brunch with a group of others — makes you feel good, then absolutely do it. But if going about your day as normal feels better, then go with the flow.



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SURROUND YOURSELF WITH LOVED ONES

Through surrounding yourself with

people who know and love you, you can take a certain amount of ache out of the day. Spend time with these people talking about your mom — or not.

Maybe what you need most on this day is to just have some fun; and the people you know you best will know how to give it you.



We Heart Moms

Mother's Day is a day to celebrate moms and thank them for all that they do for us. Motherhood has changed dramatically since Mother's Day was first celebrated. Mothers are statistically more educated, and more likely to have a job and be the primary breadwinner of a household.

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Here are a few facts about moms in America, and how we celebrate them.

MOMS BY THE NUMBERS

- According to the Pew Research Center, millennial women account for 82 percent of births since 2015. While this generation accounts for a majority of the births, they've waited longer before having children than past gen-

erations. According to the Pew Research Center, nearly half of all Gen X moms had already had at least one child by the time millennial women are deciding to have their first.

- According to the Insure.com 2017 Mother's Day Index, the domestic tasks moms perform at home are worth more than \$67,000 a year in the

professional world. This is an increase of more than \$2,000 from 2016.

- As of 2016, more than 12 million families in the United States are headed up by a single parent — 80 percent of whom are mothers.

CELEBRATING MOM

- The National Retail Federation estimated that Americans would

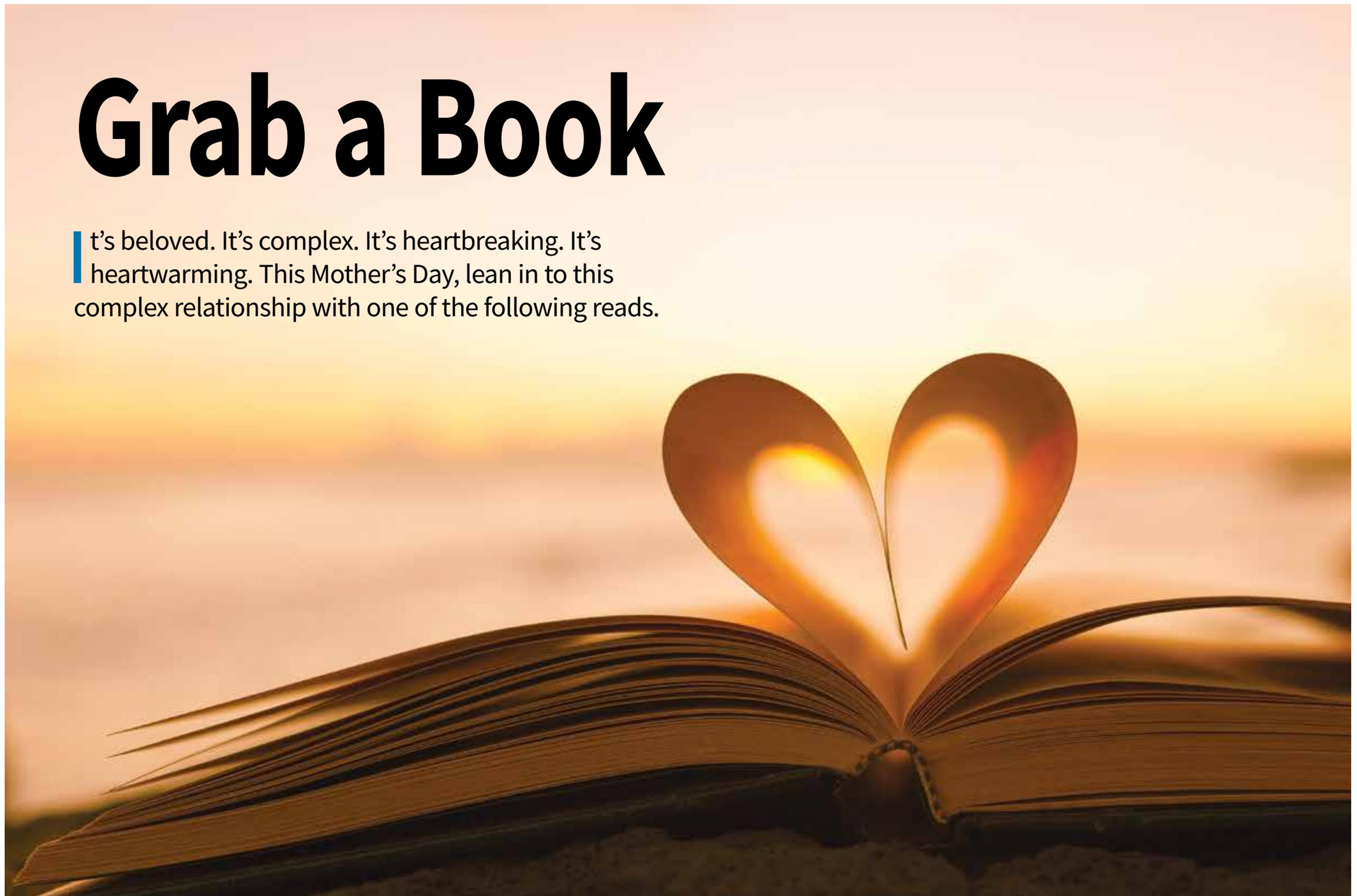
spend a record-breaking \$23 billion dollars on Mother's Day-related purchases.

- Mother's Day is responsible for approximately one quarter of all flower purchases for the year.

- The most money will be spent on jewelry – approximately \$5 billion, according to the National Retail Federation.

Grab a Book

It's beloved. It's complex. It's heartbreaking. It's heartwarming. This Mother's Day, lean in to this complex relationship with one of the following reads.



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The Lives Our Mothers Leave Us: Prominent Women Discuss the Complex, Humorous, and Ultimately Loving Relationships They Have with Their Mothers

Collection of Interviews
Written by Patti Davis
Stories from many notable women are included, but the book is more about Patti coming to understand her

relationship with her own mother, Nancy Reagan.

The Woman I Wanted to Be

Autobiography
Diane von Furstenberg
Diane's dreams of the type of woman she wanted to become, and how her mother inadvertently helped her get there.

Tiny Beautiful Things: Advice on Love and Life from Dear Sugar

Collection of columns
Written by Cheryl Strayed (also known as Dear Sugar)
While technically not specifically or exclusively about mothers, Cheryl Strayed's relationship with her mother is intricately weaved throughout much of her responses in this collection of her advice

columns.

MAKE A DAY OF IT

You can also visit a local bookstore with your mom and make an afternoon of it. Browse the aisles, pick up a few good reads and head to a coffee shop for a visit. You might discover some things about Mom that you never knew, like a penchant for hiking or a love of cookbooks.

READ TOGETHER, FROM FAR AWAY

Not in the same town as Mom? No worries! Pick a stack of books you'll both enjoy and send them to her with a nice notebook and pen, and get one for yourself, too.

Read along together and jot down your thoughts as you go. Then share the notebooks with one another.