

Mother's Day GUIDE



Moms on Social Media

We all know moms work hard. Social media puts moms who are able to laugh at it all right at our fingertips.

Here is a roundup of just a few moms putting their unique humorous touch on what it's like to be a mother in the age of social media.

HEDGER HUMOR

Moms spend their days answering questions that range from what would happen if one were to fart in a bathtub full of Jell-O to queries about the meaning of life. They nudge their kids every step of the way out the door each morning before school and fall onto the couch exhausted each night. Adrienne Hedger gets it — and she draws it. The mother of two with experience in corporate marketing and PR, as well as a stint drawing cartoons for Nickelodeon, now draws a cartoon about her take on parenthood for @HedgerHumor on social media. She also draws a line of greeting cards. See her work on Facebook or Instagram, or become a financial backer on Patreon.

www.facebook.com/HedgerHumor/
www.instagram.com/adriennehedger/
www.patreon.com/adriennehedger

MOMMY OWL

If you can only fit a few LOLs into your busy days, check out Mommy Owl on Twitter, Facebook and Instagram. The former Victorian literature professor and Berkeley alum now weaves tales of motherhood in 140 characters or less and writes for the Huffington Post, BuzzFeed and Readers Digest. The Houston-area mom's observations are spot-on for



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anyone who knows what it's like to spend your days with little people. Mommy Owl has the dose of humor you need to keep it all in perspective, from "I just want my kids to have a childhood where they play and explore and experience the world around them somewhere on the other side of the house while I take a nap," to, "My kids are the reason I breathe; they're also the reason I swear, cry, yell, and eat waaay more carbs than I

probably should."

www.twitter.com/Lhlodder
www.instagram.com/mommyowl1/
www.facebook.com/mommyowldotcom/

CELESTE BARBER

If you want to be very sure you're not taking yourself too seriously, follow @CelesteBarber on Instagram. The Australian actor and writer's real-life

takes on glamorous Instagram moms' photos will definitely stand out from the fake, Photoshopped, impossible-to-achieve fare that can run rampant on social media and leave you feeling less-than. Her hilarious "real mom" takes on athletic poses, toned physiques and high fashion provide shots of much-needed reality — and of course some laughs.

www.instagram.com/celestebarker/

Easy Crafts for Kids

Handmade gifts and decorations always pull at mom's heartstrings. Even the tiniest hands can help with these super-simple crafts for celebrating Mother's Day. With just a few supplies — many of which you might already have on hand or can pick up for a few bucks at a local craft store — you can show mom how much you care and create a special keepsake.



HEART GARLAND

Supplies

Pink and white construction paper
Scissors
Stencils
Markers or paints
Yarn
Mini clothespins
Hole punch

Directions

1. Cut construction paper into desired shapes (hearts, squares, circles, tags, etc.) using scissors.
2. Write or stencil the letters for "I (heart) MOM" on the shapes.
3. Attach the shapes to lengths of yarn using mini clothespins, or use a hole punch to punch holes to run the yarn through.
4. Use the garland to decorate walls, doors, tables, chairs, etc.

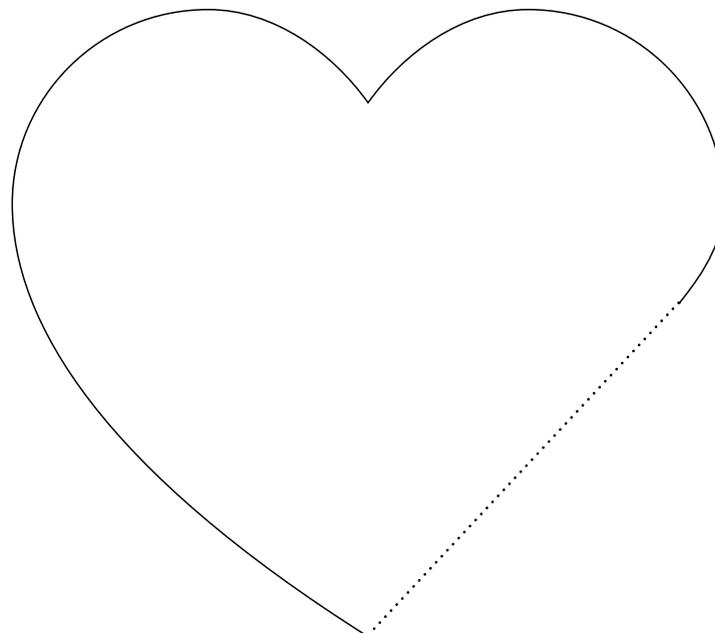
HEART-SHAPED CARDS

Supplies

Construction paper
Scrapbooking paper
Markers, paints, crayons, glitter or other craft supplies for decorating

Directions

1. Fold a piece of construction paper or scrapbooking paper in half.
2. Using the template below, cut a heart shape from the paper.
3. Fold on dotted line area of the template to make card.
4. Inside the card, write a special message to mom, such as why you love her or something she does for you that you appreciate.
5. Decorate the outside of the card with craft supplies.



MASON JAR VASE

Supplies

16-ounce Ball- or Mason-type glass jar
12-inch length of ribbon or twine
hot glue gun and glue

Directions

1. Remove lid from the jar.
2. Tie the ribbon or twine around the mouth of the jar with a bow, using a small dab of hot glue at the knot. (Get an adult's help for this part.) Trim to desired length.
3. Add a few fresh flowers and some water.

Luxury Gifts for Mom

If Mother's Day is sneaking up on you but mom already has everything, don't worry. How about a luxury version of something she already has?

This gift idea works across a range of gift types and price ranges, so you're sure to find something in the luxury goods area that your mom will treasure.

AFFORDABLE

Who says luxury has to mean expensive? Has mom been wearing the same bath robe around the house for years? She probably wouldn't spend money on herself to buy a comfy, plush new one, but you can do just that on a relatively small budget, as gifts go.

There's really no match for a great, well-fitting pair of socks. The luxury sock market has seen a lot of entrants in the past several years, and pairs of well-made socks can be had for around \$10 each. Whose mom wouldn't like a warm, cozy new pair of socks?

MID-RANGE

If mom is a wine aficionado, why not upgrade her plain wine glasses to a striking luxury set? Or consider a luxury brand decanter. Another option is an ornate metal

stand-mounted corkscrew. It is, of course, more elaborate than the job of opening wine requires, but isn't that the point?

For a mom on the go, an upgrade to her basic suitcase can make traveling more convenient. She'll be reminded every time she makes a trip of how much you care.

For the foodie mom, why not impress her with some gourmet kitchen supplies? Consider an agate or slate cheese board, a cast-iron Dutch oven, a heavy-duty stand mixer or an induction cooktop — all of which could be just a cut above her current setup and show her just how much you want her to enjoy her favorite pastime.

LUXE

If your mom is a serious chef, you can't miss with an upgraded high-end set of knives. Or you might consider a luxury espresso machine that is sure to momentarily transport her to an Italian cafe each morning at the breakfast table.

Plain cotton pajamas are great for every day, but you really can't beat the luxury of a nice pair of silk PJ's. Upgrade mom's sleepwear to a luxe experience.

The same goes for almost any piece of clothing. A basic model will do the job, but where's the fun in that, especially when you're trying to express your appreciation for all that mom does?

Go luxe by shopping her favorite designer at your local boutique.



Famous Mothers from History

History has given us many role models when it comes to mothering. From science to art to civil rights to female empowerment, mothers throughout history have inspired us as they have raised their own families and perpetuated those high values. We'll take a look at just a few of the women who are real-life #momgoals.



PUBLIC DOMAIN

MARIE CURIE

Marie Curie is a hero of modern science, credited with discovering two elements and being the first person to win two Nobel Prizes. Born Marie Sklodowska in Poland in 1867, she married her husband, Pierre Curie, in 1895. While their first daughter, Irene, was very young, they studied radium and polonium, and Marie created the term radioactivity. Along with Henri Becquerel, Marie and Pierre won the 1903 Nobel Prize in Physics. She continued her work after her husband's death in 1906, with the assistance of her daughter, Irene. In 1911, still a working mother, she won the Nobel Prize in chemistry.

In 1935, Marie's daughter, Irene, would win the Nobel Prize with husband Frederic Joliot for their synthesis of new radioactive elements, keeping the family's legacy of scientific achievement alive.



FLICKR/PUBLIC DOMAIN

MAYA ANGELOU

Maya Angelou, celebrated writer and poet, wove the story of her experiences as a mother into her art. The narrative of her 1974 book *Gather Together in My Name* begins just after the birth of her only child, her son Guy Johnson, when she was just 17 years old and a single mother living with her mother and step-father in San Francisco. The book is brutal in its examination of her challenges in parenting her son, rife with tragedy and ultimately change.

Though Angelou wrote much about her own experiences as a mother, she also saw mothering as a metaphor for much more of life. In her 2013 book "Mom & Me & Mom," she wrote: "I will look after you and I will look after anybody you say needs to be looked after, any way you say. I am here. I brought my whole self to you. I am your mother."



U.S. GOVERNMENT/PUBLIC DOMAIN

PRINCESS DIANNA

Diana, Princess of Wales, was known to do things her own way in almost every area of her very public life, from her fashion choices to her openness with the press to her casual bucking of stuffy royal protocol. Her parenting style under the spotlight that comes with royalty was no different. She was a more hands-on parent than royals had typically been up to that point, according to *Harpers Bazaar*. She sent her children to public school, a first for an heir the British royal family, and she generally made efforts to let her two sons, William and Harry, experience common, everyday life outside the palace walls. Though her days as a mother were tragically short, as her sons were ages 15 and 12 when she died in a car accident in 1997, her son William and daughter-in-law, Princess Catherine, Duchess of Cambridge, have carried on some of her down-to-Earth parenting ways.

Give an Unforgettable Experience

Would you like to get the mom in your life something for Mother's Day but she's in that trendy "tidying up" mode — decluttering and just generally lightening her load of "stuff?" Thanks to another current trend, you're in luck. It turns out that what many moms really want is not more "stuff" after all. It's an experience.

According to an annual survey by the National Retail Federation and Prosper Insights & Analytics, nearly 30 percent of consumers surveyed said they'd like to receive a "gift of experience," such as a spa day, sports or music tickets or a gym membership. Nearly as many people said they planned to give such a gift.

In 2016, when the NRF first added the "experience gift" question to its poll, Prosper Principal Analyst Pam Goodfellow explained it like this: "Mother's Day is the time when millions of Americans find special ways to express their love and gratitude for mom. While many will spend a little more than usual to pamper her, some consumers will provide unique experience gifts for the entire family to enjoy together."

In fact, NRF research shows "experience gifts" increasing in popularity across many holidays, from Father's Day to Valentine's Day to the last Saturday before Christmas. Between 2015 and 2016, NRF's survey found a



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37 percent increase in the number of people who were interested in receiving an experience gift during the holidays. Other popular iterations of the experience gift include clubs such as cheese of the month club or wine or craft beer clubs, adventure outings such as whitewater rafting or big game hunting, couples' dance classes and sunset hikes.

If you think your mom would enjoy the gift of doing, here are a few unique

ideas for unique moms.

The empty nester: Once her children are grown, many mothers might look to tackle new passions or pursuits. Would she enjoy a drawing class or finally getting her CPA? Satisfy her curiosity with the gift of a course at your local community college.

The new mom: We all know what new moms need: a break. Give it to her with the experience of escape. A spa day, membership to the local theater,

opera, ballet or museum will allow mom some built-in time to get away and recharge.

The adventurer: If the mom you're shopping for just can't wait to get out into nature and feel the wind on her face, there are many great ways to give an experience gift. A national parks pass is sure to bring adventure. Plan a family hike or take a class to learn how to cook over a campfire like the pioneers.

Treat Mom to Tea

If the mother in your life enjoys a spot of tea, why not put on your very own fancy Mother's Day tea party?

It's a great way to get in some quality time with mom on Mother's Day, while doing something she enjoys.

SET THE TABLE

A tea party isn't just about the tea. It's about the experience. Setting the scene is essential to any tea party. Start with the centerpiece. Country Living suggests fresh hydrangeas in an antique tea kettle. If you are using multiple smaller tables, you could arrange a single large rose bloom along with baby's breath in an vintage teacup at the center of each table, or Mason jars accented with lace ribbon.

This is the time to pull out all your best china, silver, crystal, lace doilies, fabric napkins, and any other fancy tableware and linens.

GO ALL OUT ON THE TEA

Now that the scene is set, go big on the tea. Aside from the classics, such as English Breakfast tea, Earl Grey, peppermint, chamomile and herbal varieties. Country Living suggests a unique tea that also will serve as a conversation piece: blooming organic tea, with petals that unfurl into a full bloom when it's placed in hot water.

Don't forget all the accompaniments, including milk, honey, and sugar. You could even go the extra mile and buy pastel colored sugar cubes.

THE FOOD

You know mom's tastes better than anyone, so be sure to tailor the menu to her. Traditional choices, which you'll often see served on tiered serving plat-



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ters, include sandwiches, cakes, scones, teacakes, pastries, petits fours and cookies.

Below is a recipe to get you started.

CUCUMBER AND LEMONY DILL CREAM CHEESE TEA SANDWICHES

From the Food Network

4 ounces cream cheese, at room temperature
 2 tablespoons chopped fresh dill
 Zest and juice of 1 lemon
 Kosher salt and freshly ground black pepper

6 slices good-quality white bread*
 1/3 large English seedless cucumber (about 4 inches), thinly sliced

1. In a small bowl, combine the cream cheese, fresh dill, lemon zest and lemon juice. Season with salt and pepper.
2. Lay the slices of bread on your work service and distribute the cream cheese evenly among each slice, spreading into a thin layer. Arrange the cucumber slices in rows over three slices of the bread. Top with the remaining bread, and cut into

quarters so there are 4 pieces from each sandwich. Serve immediately.

MAKE SOME MEMORIES

Make your tea party a surprise, or send mom and invitation in advance. Either way, she will surely appreciate your thoughtfulness and attention to detail in creating a unique Mother's Day experience she'll never forget.

Martha Stewart recommends on her website handing out scarves and hats to guests for fun photos to remember the special day.



Mother's Day Around the World

Mother's Day became an official holiday in the United States in 1914. While much of the Americas and Europe celebrate Mother's Day in May, in other parts of the world, a similar holiday is celebrated at other times of the year and takes other forms.

What seems to be universal is the enthusiasm about celebrating the many things mothers do for us.

ALL YEAR LONG

During every month of the year

except July and September, somewhere in the world, mothers are being formally recognized. Norway celebrates on the second Sunday in February. Argentina's Dia de la Madre is celebrated on the third Sunday of October. Indonesia and Panama celebrate Mom in November. In Africa and the Middle East, March is the time for honoring mothers. Costa Rica and Thailand celebrate in August. The calendar is packed with ways to honor mom. But of course, we all know that any day of the year is a good day to say, "Thanks, Mom!"

MANY WAYS OF SHOWING GRATITUDE

In the United States, popular ways to show our thanks include spending quality time, giving gifts and eating meals out at restaurants. Across the

world, there are many traditions for Mother's Day that reflect local culture.

In Mexico, for example, in addition to gifts and spending time with mom, it is common to see mariachi singers serenading mom with the song, "Las Mananitas," according to Time Magazine. The lyrics: "Awaken, my dear, awaken and see that the day has dawned. Now the little birds are singing and the moon has set."

In Thailand, the holiday is celebrated on Aug. 12 and also marks the birthday of Queen Sirikit. Ceremonies and parades are held and jasmine is a common gift, according to Time.

In Brazil, Mother's Day celebrations in May include children's performances and church gatherings, often including multi-generational barbecues, according to Care.com.

In Japan and Australia, carnations

are commonly given as gifts, and Australians also involve aunts and grandmothers in their remembrances.

In Peru, people often socialize over food and drinks in cemeteries, where they clean and decorate the graves of mothers, according to the blog Peru for Less.

In Ethiopia, Mother's Day is celebrated as part of a three-day festival at the end of the fall rainy season. According to Care.com, daughters traditionally contribute vegetables, butter, spices and cheese to a celebratory feast, and sons bring meat, such as lamb or bull.

In Serbia, mothers are celebrated in December in a tradition called Materice, along with a Children's Day and Father's Day, which occur on three consecutive Sundays. The gifts exchanged are part of Christmas celebrations.