



MOTHER'S DAY

Meaningful Gifts

Take advantage of the special day to thank Mom for making sacrifices, the lessons she's taught and how her actions shaped who you are today.

Even if mom says she doesn't want to make a big deal about Mother's Day, consider these tips to make the day all about her.

RESTORE OLD PICTURES

If you have a family photo album that has seen better days, hire a local photographer to edit and restore the pictures. Find fond memories that feature your mother and her children to invite mom on a glimpse from the past.

Look for images that represent significant moments like birthday parties, graduations and weddings.

Another option, thanks to modern technology, is to upload physical photos into digital forms. Load the pictures onto a flash drive or disc to gift mom, so she can transfer them to her smart devices or share with family members who live out of town.

DONATE IN HER NAME

When your mother doesn't need or want a gift for the holiday, consider donating to a charity in her name. Find a cause that she is compassionate about or one that sup-



ports struggling moms in need. Here are some ideas for supportive charities, as suggested by the Charity Navigator organization.

- Living Beyond Breast Cancer.
- Mothers2Mothers.

• Elizabeth Glaser Pediatric Aids Foundation.

After donating to the chosen charity, gift your mother with a certificate or thank-you note that the organization sends so she can see the impact of her donation.

ENCOURAGE SELF-CARE

Rather than buying a disposable gift for Mother's Day, purchase a gift card for a local business that offers self-care services. If the mom in your life appreciates being pampered, you can pre-pay for a

spa day where she will receive manicures, pedicures and massages.

Or, if she is more interested in outdoor experiences, book her a weekend getaway at a ranch that offers horseback riding and trail hiking.

The First Mother's Day

Mother's Day is to be celebrated on May 10, 2020. It's a day to reflect on how much mom means and the ways she has influenced your life. The history of the holiday began with Greek origins before becoming an American tradition.

Learn more about the origins of Mother's Day and how the significance of motherhood has continued to impact the world.

THE EARLIEST DAYS

The History Channel states that celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans. While citizens held festivals in honor of goddesses Rhea and Cybele, the most modern Mother's Day precedent is a specific festival named Mothering Sunday.

The holiday was most prominent in the United Kingdom and parts of Europe and fell on the fourth Sunday in Lent. It was initially a time when a mother would return to the main



UNKNOWN AUTHOR / PUBLIC DOMAIN

Anna Marie Jarvis, pictured in 1930.

church in their vicinity for a unique service.

As the celebrations progressed, children would recognize their mothers by presenting flowers and other gifts. Soon, the custom would

fade before merging with the popular American Mother's Day celebrations.

THE FIRST AMERICAN MOTHER'S DAY

According to the Legacy Project, the inception of Mother's Day was suggested by Julia Ward Howe in 1872. The Boston journalist saw it as a day to recognize peace after her generation suffered through the Civil War.

Unfortunately, her idea of Mother's Day never caught the mainstream's attention. Howe instead went on to lead the Woman's International Peace Association, which eventually observed a dedicated day of peace.

The first official observance of the holiday we know today is accredited to Anna Jarvis, of Philadelphia, PA. She desired a way to honor the memory of her mother, who fought for compassion, courage and friendship during wartime.

In 1868, the elder Jarvis organized the first Mother's Friendship Day to brighten the lives of good mothers. She died in 1905.

It was 1907 when Anna Jarvis put into motion a celebration of her mother's life with friends. This event would encourage Jarvis to recommend a national day to honor all mothers.

Her hard work paid off as Mother's Day was celebrated in nearly every state by 1911 and made official by President Woodrow Wilson in 1914.

Celebrating During a Pandemic

Because of the uncertainty surrounding the COVID-19 pandemic, Mother's Day plans will be significantly different in 2020.

Since the disease can be devastating to the health of senior citizens, this year's holiday may require ideas for celebrating in isolation.

A bright side to the epidemic is that modern technology makes it easier than ever to connect with our loved ones without physical contact.

Take comfort in knowing that you can still tell your mom what she means to you while practicing social distancing. Here are some helpful tips for celebrating Mother's Day while ensuring the safety of the mothers in your life.

VIDEO CHAT APPS

Smartphones, tablets and laptops can all be equipped with video communication apps. If your mom struggles to understand innovative technology, create an in-depth guide to show her how to set up the software.

Once you have made your connection, gather the loved ones in your home to spend time with Mom online.

Have fun by creating an exciting backdrop to include an exciting twist to the video call. Consider using a green



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screen and load it with images of your mother's favorite places. You can also gather old photographs from earlier days to show mom during your chat.

PERFORM A SONG

If you play an instrument, a

video of you performing your mother's favorite song can be a great gesture to send via e-mail or text message. After nailing the performance, send it to your mom so she can enjoy it and save the video to watch in the future.

If you have young children,

make it a family affair by teaching them the harmonies to enhance your song, or give them a solo for grandma to cherish.

MAKE THE BEST OF A BAD SITUATION

Everyone in the country can

use a laugh right now. Gather your family to create a funny skit to give mom a lighthearted boost.

Consider recreating a scene from her favorite show or write a script to commemorate a favorite memory you have of your mom.

Serve Breakfast in Bed

If mom is usually the one who sets the table for breakfast, wake up early on Mother's Day and take on the responsibility.

There are plenty of healthy recipes you can create to kick-start the day. Before the kids start stirring, prepare a delicious meal to thank her for the sacrifices she makes for your family.

When preparing a breakfast menu, consider mom's favorite foods. Try to incorporate a blend of tasty meals that provide energy for a day full of fun. Oats, nuts and lean proteins are all great options to invigorate yourselves before enjoying your time hiking, exploring or just spending the day at home.

PRESENTATION MATTERS

Before you decide on a recipe, consider how you will present the dish. Serving trays with four legs are a great idea when surprising someone with breakfast in bed. You can buy attractive trays with intricate designs at your local retailers.

Or, consider hiring a local woodworker before the big day to customize a model with initials, special dates or a beautiful display.

Linens draped over the serving tray will also add an enticing addition to your



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breakfast in bed date. Don't forget to decorate the plate with herbs and flowers.

RECIPE IDEAS

If you're struggling to think of a meal to prepare before the mom in your life wakes up, or one you can make qui-

etly, consider these ideas to get started.

A grand slam breakfast includes all the staples like scrambled eggs, pancakes, omelets and bacon. Include a healthy twist using egg whites for the omelet and loading it with vegetables. Garnishes

should feature light fruits or yogurts.

Add a touch of culture with a recipe that celebrates their favorite type of food. Fans of Mexican dishes will appreciate authentic breakfast burritos, or scrambled eggs with chorizo. Or create an elegant

favorite from France with fresh croissants covered in almond butter or cream.

If cooking a meal isn't an option, you should make an early morning run to a local bakery for fresh muffins, bagels or her favorite breakfast dish.

Affordable Mother's Day Gifts

You don't need to break the bank to show mom how much you care.

A personalized gift from the heart can be much more rewarding than expensive jewelry or the latest smartphone. If you're on a budget, consider creating a handmade gift or finding an affordable present that will pull at mom's heartstrings.

If your mother is a reader, check with her peers about their interest in organizing a book club. She can join friends during monthly meetings as they gather to discuss a story of their choosing. It's an excellent way to socialize and keep minds sharp by conversing about books that cover various subjects.

If it's challenging to find a group to form a new club, consider starting one with one another. You can sign up for an affordable book club subscription that will introduce you to stories that you wouldn't have explored otherwise.

HANDMADE CARD

A sure-fire way to show your appreciation to mom is by creating a handmade card for Mother's Day. Use these tips from the experts at Good Housekeeping to create a custom gift with unique twists.

Trading cards: Throughout your childhood, your mother likely spent a small fortune to provide you with trading cards



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featuring your favorite athletes or characters. Pay her back by creating a deck of cards depicting images or words describing your favorite memories about her.

A sundae card: If mom has a sweet tooth, build a custom

card that includes her favorite toppings to create a tasty ice cream sundae. Use plastic sandwich bags to attach sprinkles, nuts and marshmallows to a paper bowl of dessert.

Personalized letter. A handwritten letter explaining the

love you have for your mom or wife will show them your appreciation for their commitment to your family. Within the note, include struggles you went through together and how the experiences made you learn and grow into a bet-

ter person.

Top off a letter from the heart by penning a poem that explains your love. Fill it with thoughtful experiences you have shared and appreciative words about celebrating her in the future.

Mother's Day Quotes

Mothers across the globe have served as inspirations for their children and spouses for generations. Throughout the years, sons and daughters have shown their appreciation for the moms in their lives through delicate and passionate words. If you're finding it difficult to explain how much she means, spark your creativity with these popular quotes about powerful women, compiled by Good Housekeeping.

"If love is as sweet as a flower, then my mother is that sweet flower of love."

— Stevie Wonder

"Life began with waking up and loving my mother's face."

— George Eliot

"My mother was my role model before I even knew what that word was."

— Lisa Leslie

"There's no way to be a perfect mother, and a million ways to be a good one."

— Jill Churchill

"Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary — it's an act of optimism."

— Gilda Radner

"Life doesn't come with a manual. It comes with a mother."

— Unknown

"A mother's arms are more comforting than anyone else's."

— Princess Diana

"I can only hope to be 10 percent of the mom mine was to me."

— Charlize Theron

"A mother is she who can take the place of all others but whose place no one else can take."

— Cardinal Mermillod

"A man loves his sweetheart the most, his wife the best, but his mother the longest."

— Irish Proverb

"I can imagine no heroism greater than motherhood."

— Lance Conrad

"All I am I owe to my mother."

— George Washington

"God could not be everywhere, and therefore he made mothers."

— Rudyard Kipling



Celebrating a First Mother's Day

Mother's Day is a special occasion every year, but the first time can be a monumental event. If you have a first-time mom in your life, take advantage of the maiden holiday celebration. It will be a moment she cherishes forever.

A few ways to make Mother's Day memorable for the first year is to document the experience before the holiday. Buy footprint or handprint molds to memorialize a baby's beginning journey on Earth. Mom can look back and enjoy the brand-new experience even as her child grows into a toddler or teenager.

Here are some other ways to make someone's first Mother's Day special.

SCHEDULE A PHOTOSHOOT

A new mom likely logged the journey of her pregnancy throughout each trimester. Now that baby is here, sign up for a photoshoot that celebrates both mother and child. You may have to schedule a photographer in advance as Mother's Day can be a busy time for local pros.

When considering a professional, look through their portfolio and network with



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previous clients to learn about their experience and satisfaction with the results.

Once you have chosen an expert, collaborate with your expectations of the photo shoot. Show them maternity photos and bounce ideas off each other about how to recreate previous pictures with the baby's arrival.

CELEBRATE SPRING

If warm weather arrives in your region for Mother's Day, use the comfortable temperatures to explore outdoors. Partake in a hike at your favorite local reservation or plan a romantic picnic at a public park.

Of course, plan to bring baby when celebrating the

first holiday. You may consider investing in an all-terrain stroller so they can accompany on your outdoor adventures.

MAKE A SLIDESHOW

Smartphones and apps make it simple to compile your favorite photos of a newborn's journey. Make a

slideshow to share with the first-time mom that documents the experience.

Find wholesome pictures to showcase precious moments of mother and child together. It can be even more special to include notes on the slideshow that express the emotions you felt while witnessing it in person.