

Honouring Our Mothers

Mysterious, strong as **Oak** trees, and very **Tolerant** as she **Helps** us through this journey's difficult times. **Expert** at life and **Relentlessly** loving although sometimes **Sneaky**, **Mothers** always mean well.

On the second Sunday in May we often go out of our way to show mom how much we care. For all that mothers do, they (whether adoptive, birth or surrogate) should be honoured throughout the year. Remembering to express our gratitude in the things we say and do does not always come easy, so here are some helpful tips:

- ❖ **Shower mom with random hugs:** A spontaneous hug for mom, regardless of our age, goes a long way in showing that we care.
- ❖ **Simply saying thank you:** A call in the middle of the day for no other reason than to say thank you, lets mom know that she is appreciated for the sacrifices made.
- ❖ **Ask about her day:** Mothers often spend so much time concerned about the lives of others, that they sometimes forget themselves; so remind her of her importance daily, with this simple enquiry.
- ❖ **Ask her out on a date:** A date with mom should happen more often than on Mother's Day.
- ❖ **Set aside time to ask if there is anything that you can do to help:** Life can be busy for most of us, so intentionally schedule this gesture in, don't wait for whenever you have the time.
- ❖ **Send her a post card:** Imagine mom's delight when a trip to the mailbox reveals a card from one of the loves of her life.
- ❖ **Tell her about your most cherished memories together:** Mothers often have no clue about the shared moments that stand out most in the minds of their child. Tell her about the times you love the most.
- ❖ **Tell her about the lessons that you are happy she shared:** Tell mom about the things she taught you that you value the most. Some of them may have been painful for her to teach. Let her know that it was worth the while.
- ❖ **Letting her memory and lessons live on:** For our mothers who are no longer with us, we can share our memories and the valuable lessons learnt with our friends and loved ones.
- ❖ **Remember to tell her how much you love or miss her.**



Happy Mother's Day !

If you are interested in receiving information on parenting or family life, remember that MyEAP is here to help. Contact us at eap@familiesinaction.net or log on to our website www.myeap.familiesinaction.net with your username and password.