

04/24/09 - Honoring Mom

Honoring Mom

Mother's Day is about more than giving gifts and eating good food. Mother's Day was created to honor the job of mothering.

Honoring mothers dates back to the time of gods and goddesses and it wasn't until 1908 that Mother's Day was recognized and celebrated in the United States, Mexico and Canada.

By 1948 over 40 countries were recognizing and celebrating Mother's Day, although not always on the same day. The United States Congress officially approved Mother's Day in 1948 and it has been celebrated on the second Sunday in May ever since.

So, what will you be doing to honor your mother on Mother's Day?

Here is a short list of things you can do for your mom to show her how much you appreciate her.

Flowers

Roses and carnations are a popular choice to give mom's. In fact, florists see more sales for Mother's Day than they do for Valentine's Day. In addition to flowers, plants for your mother's garden might be a good choice to present her with, especially if she has a green thumb as is always working in her garden.

Outings

You know better than most what your mom would enjoy for her special day. Would she like to visit a local museum or the zoo? Perhaps she'd prefer a day trip to a nearby city or even a long weekend away. Maybe she would just like to stay near home and have a picnic or go out to her favorite restaurant for her Mother's Day meal.

Food

Whether you will be cooking breakfast, taking your mother out for brunch or lunch, preparing an elaborate dinner or just going out for a picnic in the park food will mostly likely take a starring role in the honoring of your mother this Mother's Day. Make sure to ask her what her preferences are so you can make those plans in advance.

Gifts

The gift you give your mother on Mother's Day will be the representation of your love and appreciation for her so take the time to choose something she would enjoy. If you know your mother loves to read but rarely gets the time to do so, consider giving her a few hours, or even a whole day, of quiet time to read that book she has had her eye on ? maybe even buy it for her if she doesn't already have it.

Whatever you decide to give to your mom make sure it looks like you took the time to carefully plan for her desires.

More than anything honoring your mom on Mother's Day will be about the memories you make this day and all the others throughout the year. Whether you remember this day or not, your mother most likely will. She keeps every card, letter and poem you have ever written her and cherishes each one as the treasure it is.

Make sure to spend quality time with your mother this year and let her know how much you love her. Don't forget to take a picture to commemorate the day.