

Positive+Parent™ Newsletter

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PRACTICAL WAYS TO MAKE EVERY DAY MOTHER'S DAY

Last weekend, families in the United States celebrated Mother's Day. I actually just learned that some 70 countries celebrate Mother's Day on the second weekend of May. Of course, in those families that forgot to get a present, the refrain is, "Every day is Mother's Day!" And every mother would like to believe that every day is Mother's Day. So how can we do that? What would that look like?

One of the classic Mother's Day activities is breakfast in bed. The point of breakfast in bed is having your kids serve you rather than the usual of you serving them. It also shows the kids a way to help Mom.

What would this look like on an everyday basis? It might mean that the kids help with serving meals. Or when the kids get up to get a glass of water, offering to bring one for you. If you want your kids to help serve meals, one way to get that to happen is to make a request. How many Mom's complain that the kids never help, yet never ask the kids to help?!? You might even say that Mom's should "train" their kids to help. Even 2 year-olds can help set the table and serve meals. Obviously I would never ask them to carry a tray of hot meat with gravy, but they can certainly carry salad in a plastic bowl!

When your kids help prepare and serve meals you are not only taking some of the burden off of yourself, you are also helping your kids learn responsibility and you are helping your kids learn a family food culture. This may help them to avoid fast food and a diet of prepared foods in the future.

Mother's day is also a day for Moms to enjoy their

kids. On Mother's Day, Moms try to ignore any shortcomings and be happy with the presents, the drawings and the nursery school art projects that are a part of Mother's Day. You can enjoy your kids every day and you can choose to not get upset about their shortcomings every day. One way to do this is every day, to say, "Jill, thank you for making me so happy today when you helped your brother with his homework." "Johnny, thank you for being such a helper today when you made sandwiches for your sisters."

This will "train" your child to be helpful and will also train them to show gratitude to people who help them. Talk about killing two birds with one stone!

Finally, Mother's day is about celebrating Mom. And Mom should be celebrated every day. Everyday Mom should have some special time for herself. Everyday Mom should be acknowledged for the great works that she does. And everyday, everyone in the family should say "Thank You" to Mom.

So Moms. Everyday you should celebrate yourself and you should celebrate the wonderful children that you have. Everyday you should have some special time for yourself and you should help each of your kids have some special time for themselves.

So, yes, you can make every day Mother's Day. It will be a great learning experience for your kids and it will be great for you. Win-Win! And then your kids will make every day Mother's Day in their homes as well!

