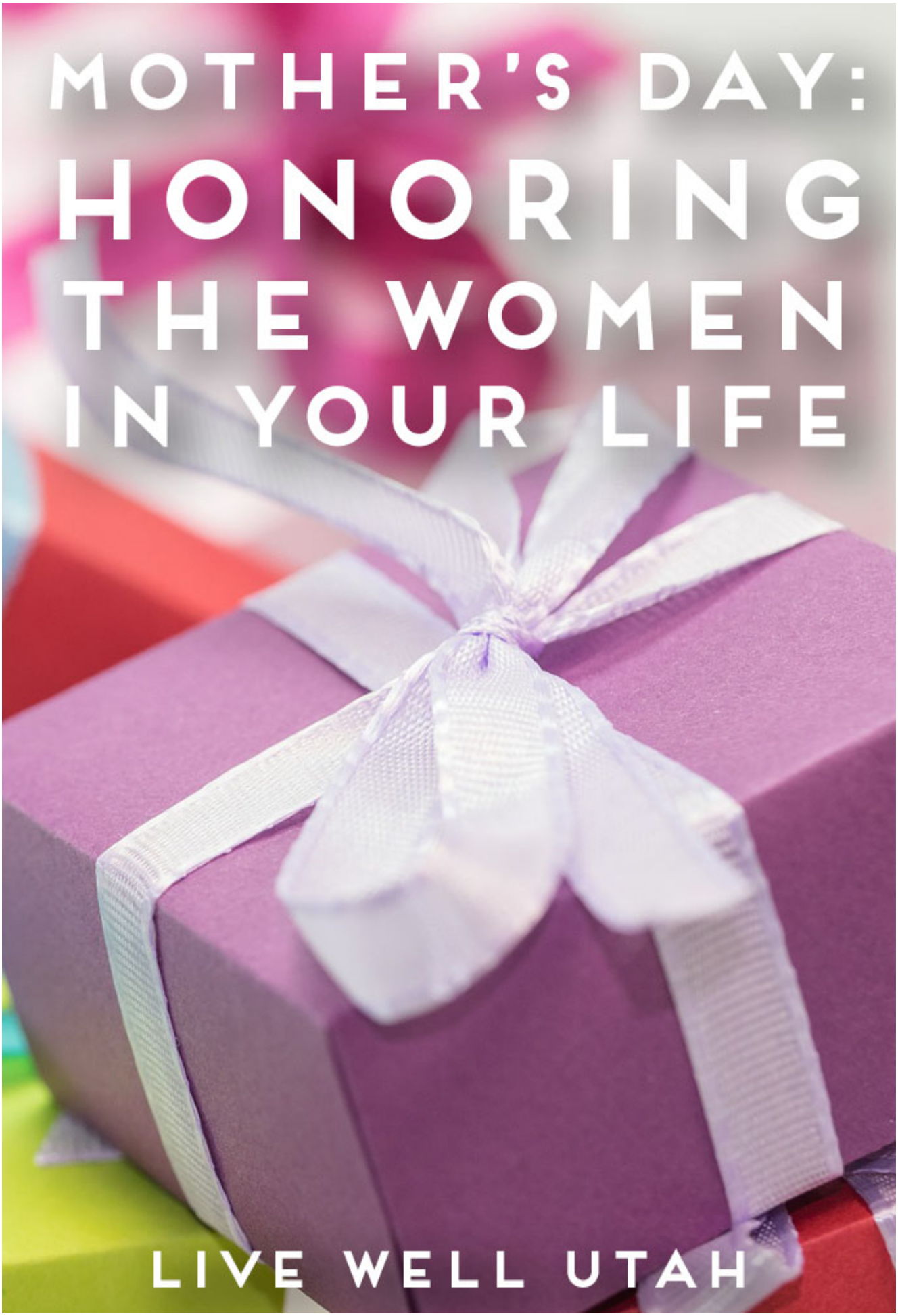
Mother’s Day // Honoring the Women in Your Life



MOTHER'S DAY: HONORING THE WOMEN IN YOUR LIFE

LIVE WELL UTAH

Mother's Day is coming right up. Try some of these thoughtful ideas to celebrate mom, grandma, and all the influential women in your life.

Mother's Day has been a tradition since the 1860s when Ann Jarvis created a committee to establish a "Mother's Friendship Day" and was nationally recognized in 1914 by a proclamation signed by Woodrow Wilson. It is a great way to honor those who gave us life, nurtured us and helped us on our way through life. It is usually celebrated in May in the United States. So how can we let these wonderful women know of our love and appreciation? Here are a few ideas you might try or adapt.

For Your Mom or Grandma- After You Have Left the Nest

When children grow up and leave home, it is very hard for their moms. They still worry about their children, and miss all the fun times and meaningful interactions they had together.

Creating an "All about Mom" questionnaire can be a way to remind your mom how much you love her, and of all the good she has done. Not only does this gift come from the heart, but it's simple to do and can to involve everyone. Try one of these questionnaires:

All About Mom from One She Two She

All About Mom or Grandma from The Crafting Chicks

Try having all your siblings fill out the same questionnaire (be sure to send them the questionnaire in plenty of time before Mother's Day). You can present the completed questionnaires to your mom or grandma on Mother's Day along with her favorite treat or flowers. Another idea is to roll up all the questionnaires, tie a ribbon around them and attach a

little bag of Hershey’s Hugs and Kisses.

From Mom, to the Kids

Sometimes on Mother’s Day we leave the rest of the family out of the celebration. Recognizing and sharing with your family why you love being a mother to them can strengthen your parent-child relationships, build lasting bonds, and remind you why you are glad to be a mother. You can use this form to write to each of your children, young or old, telling them why you love being their mom or grandma. Roll it up and tie it with a ribbon, then attach a treat such as Sweetrts. Here’s a

HAPPY MOTHER'S DAY...FROM ME!

Three things I love about being your mom:
1.
2.
3.

Something I love doing with you is:

A funny memory I have of you is:

Two of your greatest strengths are:
1.
2.

You make me proud when:

You make me laugh when:

I love it when you:

Something I ALWAYS want you to know is:

BEING A MOM IS WONDERFUL BECAUSE OF YOU!!

printable tag you can attach as well.

Download Happy Mother’s Day.. From Me! Form

Download Printable Tags

For Other Women who have Influenced You

For many women, motherhood may not be a role they have had. They may not have become mothers for a variety of reasons. Perhaps they may have never married or not been able to bear children. They may be a neighbor, close friend, aunt, teacher, etc. Mother's Day can be a painful reminder of not being a mother. These women often play a vital role in the nurturing and "mothering" of other's children.

Create a similar questionnaire and fill it out or have your children fill it out for the person who is special to you. You could also take a picture of them with your children, frame it and have your children write a special note to them. Write a letter telling them how they have impacted your life, and let them know of your love for them. You could top it off by inviting them over for a meal or special party to honor them.

For After Your Mother is Gone

After my mother died, it was hard to celebrate Mother's Day without her, so I decided to reach out to some wonderful aunts of mine who I had interacted with during my growing up years. I purchased Mother's Day Cards, and wrote a note telling them

of my love for them. I was surprised at how many of them responded back about how much my thoughts had touched them. Some other ideas you might consider:

- Send a note of remembrance to a someone who has lost their mother. This might help the child be reminded of the fine person their mother was, lessons she taught them or what wonderful characteristics they have inherited from her.
- Send Mother's Day notes or cards to neighbors who you love but are not your own mother. You may want to recount a fond memory and thank them for their influence on your life.

Mother's Day Brunch Fruit Dip

Melted white chocolate is blended into cream cheese and lightened up with fresh whipped cream in this effortless, delicious fruit dip! Perfect for serving at Mother's Day brunch.

Ingredients

- ¼ cup milk
- 4 ounces white chocolate, finely chopped
- 8 ounces cream cheese, at room temperature (very important!)
- ¼ cup sugar
- ½ cup heavy cream
- 1 teaspoon pure vanilla extract
- Fresh fruit (berries, apple slices, pineapple wedges, kiwi fruit, etc.)

Instructions

1. Heat milk until hot but not boiling. Whisk in white chocolate until melted and totally smooth. Set aside to cool.
2. In a large bowl, beat sugar into cream cheese. Mix

the white chocolate mixture into the cream cheese mixture.

3. In a separate bowl, using an electric mixer, beat the heavy cream and vanilla until soft (not stiff) peaks form. Gently fold this whipped cream into the cream cheese mixture.
4. Cover and chill for at least 4 hours (to overnight). Serve with fresh fruit dippers, and/or vanilla wafers, graham crackers, etc.

Notes

If the cream cheese is not completely at room temperature, the melted white chocolate will re-solidify into little chunks once you mix the two together.

Pretzel Flowers

These tasty little flowers would make a cheery gift, and this recipe would be a great one to make with children.

Ingredients

- Pretzel twists or squares
- White chocolate pieces or candy melts
- M&M candies

Instructions

Heat oven to 200 degrees F.

Line a baking sheet with parchment paper. Arrange pretzels on parchment, and place one candy melt on top of each pretzel. Warm in oven for 2 minutes, or until candy melt is soft, but not melted through the pretzel. Place M&Ms on top of the candy melt in a circle to make a flower shape Let cool for an hour or two before storing in an airtight container.

Microwave Instructions:

Place pretzels topped with candy melts on a paper plate and melt in microwave at 50 percent power for 30-50 seconds. Arrange M&M candies on top in a flower shape. Let cool for an hour or two before storing in an airtight container.

This article was written by Marilyn Albertson – Extension Associate Professor – Family & Consumer Sciences, Salt Lake County

Fruit dip recipe from http://oneshetwoshe.com/2014/04/white-chocolate-cheesecake-fruit-dip.html