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Mother's Day Gifts Your Wife Will LOVE That Won't Cost a PENNY



Mother's Day is already around the corner, but this year costly and superfluous cards, flowers, or jewelry aren't necessary to show the special woman in your life the love and appreciation for all she does. Some time to relax and enjoy the family without her to-do list are among the most valuable gifts to her – even better, they are free.

Dr. Louann Brizendine, a neuropsychiatrist from the University of California San Francisco, told Live Science that, due to all of the physical, hormonal, and emotional changes that come with motherhood, “She needs everything else to be as predictable as possible, including the husband.”

Having needs taken care of is appreciated by moms far longer than the newborn phase, too. A mom is always looking out for others and, almost always, puts her own needs and desires aside to take care of her family 365 days a year, usually without anyone else taking note.

This Mother's Day, consider turning the tables and showering her with one, two, or all of the following gifts, which are more precious than anything sold in stores.

Let her sleep in. For most parents, especially when the kids are younger, lounging in bed late is like a distant memory slowly fading away. The mere fantasy of lingering in bed until full daylight is more luxurious than a bite into the tastiest chocolate truffle. So, even if the kids are fighting, tummies are hungry, or the in-laws are calling, simply taking care of it so she can sleep in is a gift in itself. She will have so much more love and appreciation for the family when she can get out of bed later.

Give her a gift made by the family. For the woman who enjoys receiving thoughtful presents as a token of love, gift her with something made together with the kids. If they are in preschool or elementary school, chances are they will make something in class anyway. If not, give them pens, crayons, paper, or Play-Doh and

have them create something of their own for Mom. A gift or card made especially for her by the family will touch her heart more deeply than anything purchased at a store.

Clean the house. It might seem like a tall order – but remember that she keeps the house clean all year long without question. The kids can even help out on this one. It can be as simple as doing the dishes, wiping down the sinks, picking clothes up off the floor, or putting the toys in boxes and on shelves. By picking one job and everyone working together, it won't take more than 30 minutes. One less task on her list to think about is more valuable to her than another necklace to stash in her jewelry box for the next date night out.

Take an outing with the family. Few things make a mom happier than being with her family to share fun, smiles, and laughter together. It's the act of togetherness, not the activity itself, that brings her joy. A day at the beach, a nature hike, or a trip to the playground together, if the kids are young, is far more meaningful than a day at the spa without her most cherished loved ones.

Have dinner together. Though this might already be a given, for many family dinners unintentionally become a time of distraction and chaos. So put away the phones, turn off the baseball, shut off the TV. No matter who prepares the food that day, enjoy the meal together by giving your family your undivided attention. The gift of mindful presence is more savory to her than dining out at a five-star restaurant.

Because moms experience so many mental and emotional fluctuations while taking care of the family year-round, a relaxed mind and extra reasons to smile will be the most appreciated gifts from her man. Consider the above simple, and free, Mother's Day gifts to show love and gratitude this year to the special woman in your life. ■

