



MEDIA RELEASE

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Take time to acknowledge the importance of mothers

Being in the midst of economic gloom is no excuse for not celebrating Mother's Day this year.

Counsellor with Relationships Australia (Victoria), Dr Ingrid Sturmey, says the occasion provides an opportunity to acknowledge the importance of mothers - and their great influence on our lives.

"Our society has very few traditions, and it is therefore important that we continue to celebrate the ones we already have, like Mother's Day. Setting aside time to acknowledge and value what's most important strengthens the fabric of our society."

Dr Sturmey says Mother's Day can be celebrated in a range of ways that doesn't involve using your credit card.

"Ignore the commercial hype and get back to basics. Time together doing something she loves is often what mothers appreciate most.

'Cooking breakfast or lunch, meeting for coffee, going to the movies, picking flowers from your garden are all good ways of marking the day and can be a greater expression of appreciation than anything you buy in a shop.

"And it doesn't cost you anything but time and generosity of spirit to give your mum a hug and tell her you love her. Any expression of positive appreciation and recognition of her importance in your life helps her feel it was all worth while."

Dr Sturmey acknowledges that Mother's Day can be problematic for those who do not have good relationships with their mothers. They may feel pressured to say and do things they don't mean.

"In these situations, it may be helpful to use Mother's Day as an opportunity to reflect on things about your mother that were positive experiences for you: or where she probably did her best with the knowledge she had in the circumstances she faced.

"This may take some of the negativity from the day and help you connect with her better."

Dr Sturmey says Mother's Day gives us the chance to stop and think what life would be like without the presence of mothers in our lives.

Media enquiries: Bronwyn Thwaites, 8573 2222; 0458 558 078

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Relationships Australia (Victoria) Inc. ABN: 51 263 215 677
Patrons: Professor David de Kretser, AC, Governor of Victoria, and Mrs. Jan de Kretser

CENTRAL ADMINISTRATION OFFICE: PO Box 8656 Armadale Victoria 3143
Ph (03) 8573 2222 Fax (03) 9822 4584 Email reception@rav.org.au www.relationshipsvictoria.com.au

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