



## **MEDIA RELEASE**

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### **Mum's the word for a special day**

How we celebrate Mother's Day and value our mothers is a highly individual matter, according to Relationships Australia Victoria (RAV).

Although many people are skeptical about the occasion because they feel it has become too commercial, RAV Centre Manager, Sue Yorston, believes it is important that we set aside time to acknowledge traditions that strengthen the fabric of our society.

"Mother's Day can be celebrated in a range of ways that don't involve using your credit card," Ms Yorston said.

"Ignore the commercial side 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 or 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," she said.

Ms Yorston 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.

"Some people question why they should celebrate Mother's Day if they feel their mum is not the kind of mother she should be.

"In these situations, it may be helpful to use Mother's Day as an opportunity to reflect on a special thing your mother did that was meaningful for you – whether recently or in your childhood," Ms Yorston said.

Mother's Day may also be a time to think about and acknowledge another significant female in your life who has had a positive impact on you. Whether this is the mother of a close friend, an extended relative or a former teacher, it may help reinforce close, shared experiences.

"This may take some of the negativity from the day and help you connect with your mother or other significant female better. Any expression of positive appreciation and recognition of her importance in your life can be helpful."

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