



### Introduction: *Mother's Day!*


Happy Mother's Day! May is a great month to acknowledge the special role that mothers play in a child's life. Mothers can include anyone who serves that special "motherly" role for a child, including moms, grandmothers, aunts, big sisters, caregivers, teachers, and even dads!


This series of newsletters is inspired by and created just for parents. If you have suggestions, comments, or ideas for future newsletters please email: [opecc@oregonstate.edu](mailto:opecc@oregonstate.edu). For additional parenting resources, like us on Facebook (Oregon Parenting Education Collaborative) and follow us on Twitter (@OPECCParentingEd)


### Celebrate By Taking Care of Mom




Parenting is hard work! Moms are the world to their child (a big responsibility!), but in order to give 100% as a parent, moms need to take care of themselves too. It's normal to feel overwhelmed or stressed as a mom even from typical life events. Here are some ideas for moms to take care of themselves.

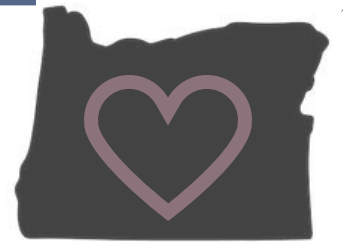
 **Do something you enjoy.** Finding time for yourself can be especially challenging as a mom. Even if you only have a few moments in a day - spend a little extra time in the shower, read a book while in the bathroom, take a walk, listen to music, or find other ways to do something you enjoy by yourself or with your child.

 **Make a list and tackle it!** When there is too much going on, it can cause you to worry. Worrying can impact your memory and make it difficult to keep it together, especially if you have a lot on your plate. Make a to-do list so that you can prioritize. Seeing what you have to do or what challenges you are facing on paper can help you begin to problem solve. Start by tackling the problems on your list that are most quickly solved.

 **Realize that your feelings are normal!** Life as a parent isn't always easy! Give yourself permission to feel whatever feelings you are having. Find some alone time or discuss your feelings with a friend or partner. Some days are harder than others, and that's okay. Remember that your feelings are likely shared by other parents and sometimes it helps to seek out those that you can share these experiences and feelings with.

 **Consider a parenting education class!** One of the major benefits of attending a parenting education class is that you realize that you are not alone in how you feel as a parent. Connect with other parents and learn new tools and strategies to navigate your parenting journey!





### Introduction: *Honoring our Military Families on Memorial Day*

Memorial Day is a special holiday to honor and remember the people who lost their lives serving in our armed forces. This ultimate sacrifice is paid by these brave men and women who fight for our country as well as the children and spouses they leave behind. Given the nature of the holiday, it can be difficult to know the best way to celebrate with your child. Here are a few ideas for activities that can teach your child the importance of Memorial Day and as well as the importance of respect for the men, women, fathers and mothers who have sacrificed it all for this country.



**Fly the flag.** If you have a flag, take some time to teach your child some US history. Guidelines and recommendations for folding the flag can be found here:

<https://www.va.gov/opa/publications/celebrate/flagfold.pdf>



**Write a letter.** There are many programs online that allow you to write letters and send care packages to those currently serving in the military. Here's an example of one website to get started: <http://amillionthanks.org>



**Attend a parade.** Many communities host family-friendly Memorial Day parades. This is a great opportunity for children to learn more about the holiday the community and veterans.

### Fun With Your Kids! *Making a Patriotic Dessert*

Ingredients: Banana, Strawberries, Blueberries, Angel Food Cake, Skewers

Directions: Cut fruit and angel food cake into bite size pieces. Together with your child, slide pieces onto skewers in different patterns and enjoy!

