

Quick Guide: **Mother's Day!**

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Quick Tips

- One of the best ways to celebrate Mother's Day is with poems that the kids write themselves or choose to read to Mom because they are meaningful to them.
- Children as young as six or seven are capable of composing verse, especially if parents and teachers have read poetry to them over the years.
- Your mom might like an afternoon at the museum, a concert, or a walk through a nature preserve.
- Pancakes, omelets, scrambled eggs — all good for Mother's Day. Fresh squeezed juice is always a hit and even small children can press the oranges in a juicer (they might need supervision).
- Spend time with your mom. Join her in the dirt if she likes to garden. Buy some annuals or other flowers and help her plant them. Or offer to weed the garden while she plants.
- If you decide to take Mom out for lunch or dinner, be sure to make reservations! Restaurants are very busy on Mother's Day.



*Kids and poetry go together,
especially on Mother's Day!*

Mother's Day is not far off; before we know it, May 10th will be here. Both you and your kids will want to celebrate this joyful day, and while there are countless ways to do so, one of the best we can think of is with simple poetry.

Most young children love poetry, whether it's read to them, they memorize an uncomplicated rhyme, or they write their own. There's good reason Mother Goose has survived through the generations!

Young Poets

Children as young as six or seven are capable of composing verse, especially if parents and teachers have read poems to them over the years. Older kids most likely have written poems in school.

Kids also love to search for appropriate poems to share with their moms. The magic of good poetry is that it captures universal emotions — and few emotions are as universal as a mother's love.

Kids of any age will enjoy creating a poem-filled Mother's Day gift, packaged, perhaps, in a handmade card or written on a decorated scroll.

Inspiration

Before you -- moms, dads, older siblings, aunts or special family friends -- talk to the kids about writing a poem, read to them. Borrow a book of children's poetry from the library, search your own bookshelves, or surf the Internet. If you haven't read poetry to your kids before, you will be delighted by how much fun it is.

Talk to the children about writing their own poems. Encourage their efforts with lots of hugs and kisses! You could try writing a little verse yourself. Everyone's efforts are bound to elicit lots of giggles and warm feelings.

Mother's Day Poems

Mom, Dad, Grandma or any other adult can let the kids know that a poem written from the heart — whether it's silly or reverent — will thrill anyone who receives it. The poem can be personal or about something joyous. It can be a few lines or several stanzas.

The sky is the limit! Here are a few ideas:

Why my mom is the best!
How Mommy makes my laugh
I feel happy and safe with Mommy and Daddy
Why I love my family
Spring is here!
Mother's Day is a happy time

If you are looking for some poets to read to your kids, try these:

Douglas Florian
Eloise Greenfield
Arnold Lobel
Jack Prelutsky
Dr. Seuss
Shel Silverstein
Judith Viorst

Whether you and your kids write poems together, read poetry to each other, or choose another way to celebrate Mother's Day, enjoy the day and the time you spend with each other.



Make Mothers Day Special

For a special and memorable Mother's Day, plan an activity that you and your mom can do together. She'll love the idea!

Planning a special day with your mom doesn't have to be a big deal. It doesn't even have to involve leaving home. Plan to join her doing something she really loves, and then make time for you and Mom to hang.

All ideas that follow are suitable for several children or just one child -- depending on how large your family is and how attuned your brothers and sisters are to these suggestions.

At Home with Mom

If your mother likes to garden, join her in the dirt. Buy a few colorful annuals to plant alongside her, or offer to weed the garden so she can have the fun of planting.

She might enjoy a trip to the nursery to pick out flowers with you, which you might then plant together, or leave for her to plant another day.

If your mother loves to cook, spend time with her in the kitchen. Try to arrange a trip to the market (with Dad? an older sibling? a neighbor?) on Saturday and buy the ingredients needed to bake a cake or a loaf of bread, or to make pasta sauce or a big, fresh green salad!

Get out the knitting bag or embroidery material and plan a few quiet hours with your mother doing handiwork. Download some soothing music and look forward to quiet conversation while you work together.

This might be the day that you and your mother finally go through those boxes of old photos and arrange them in scrapbooks. Buy the scrapbooks, find the pictures, and clear a work space for you both.

On the Town with Mom

If you and your mother are movie buffs, plan an afternoon at the multiplex. Offer to buy the tickets and the popcorn and settle back in the dark theater to enjoy a few hours of uninterrupted entertainment.

On the other hand, you might want to check out Netflix or Amazon Prime to find one or two of the movies your mother has long insisted you would love. Pop some popcorn, mix up a pitcher of lemonade, and then join Mom on the sofa for an afternoon of great viewing.

Your mother might love a day at the art museum, a concert, or the nature preserve.

Take your mother to lunch or on a picnic. If you decide to go to a restaurant, don't forget to make reservations! If you think she would enjoy a picnic, make her favorite sandwiches and pack the food yourself.

You and your mom might have fun visiting the ice cream parlor for a sundae and some good laughs.

At Play with Mom

Perhaps your mother is a tennis or golf fan, or she likes to play basketball or softball. Arrange a game. Get the whole family together or invite your cousins and neighbors. If you organize the sport, mom will be happy.

What is important is to plan a special activity that you and your mother will enjoy together. Even if there is not time on Mother's Day, give your mom a "gift certificate" promising an adventure to come in the next few weeks. She'll love it!





Breakfast in Bed for Mom

Get Mother's Day off to a lovely start by making a very special breakfast for your mom.

Mother's Day is a time to indulge our moms — those women who take care of us all year long. It's become something of a tradition in recent decades to treat Mom to breakfast in bed, a luxury most women welcome, especially when small hands have set the tray and prepared the meal.

Not all kids are old enough to man the stove — much less crack eggs for a breakfast omelet. This is where Dad or an older brother or sister comes to the rescue.

The goal is to give Mom a few extra minutes of blissful peace. This means keeping kitchen activity to a dull roar so that she doesn't come rushing in, sure the clang of a dropped pan or thud of a tipped over chair spells disaster!

Omelet or Scrambled Eggs or Pancakes

Omelets are a little challenging and scrambled eggs might be easier. If you want to try an omelet, use a seven- or eight-inch omelet pan. These, measured across the top, not the bottom, are perfect for two- or three-egg omelets.

Omelets or scrambled eggs take no more than a few minutes to cook and should be eaten almost immediately. It's a good idea to have the rest of the meal planned and ready before anyone -- Dad or the kids -- cooks the eggs. You might want to dress up the omelet with cheese, or even several different kinds.

Kids might want to make Mom a tall stack of pancakes, served with maple syrup or blueberry jam. Fresh fruit is always good with pancakes — and there's no need for anything more but a glass of juice and a cup of coffee.

The Rest of the Meal

Fresh-squeezed orange juice is always a hit, and even a small kid can press oranges in a juicer. (If it's electric, they should be supervised.)

Hot, buttered English muffins or slices of toast are tasty accompaniments for the omelet or scrambled eggs. On the other hand, bakery-made coffee cake is easier to deal with and always welcome.

Don't forget some fresh fruit, such as sliced strawberries mixed with raspberries or a shingled banana.

If Mom is a coffee drinker, Dad or someone old enough to do so should brew up the best coffee possible. If she likes cream or milk, pour it into a small pitcher. If she prefers tea, brew it shortly before serving the meal. You don't want it to get cold.

Finishing Touches

A few flowers, a tablet or folded newspaper, or a glossy magazine and the tray is ready for Mom, reclining in luxury in bed.

Mom may want to relish her meal quietly while the kids clean up in the kitchen. On the other hand, she may prefer that the kids to hang out, enjoying the morning together as the spring sunshine pours through the window.

Mom's Breakfast in Bed

Pancakes or eggs? Either will make moms happy because they're prepared by little hands and served with hearts full of love.



Serves 4

1 ¼ cups all-purpose flour

2 tablespoons sugar

2 teaspoons baking powder

½ teaspoon salt

1 large egg

1 ¼ cups milk, or more as needed

2 tablespoons vegetable oil or melted butter

1. In a large mixing bowl, stir together the flour, sugar, baking powder, and salt.
2. In another bowl, beat the egg and then stir in 1 ¼ cups of milk. Add the oil or butter, mix well and pour into the bowl holding the dry ingredients. Stir just until moistened.
3. Heat a large skillet or griddle over medium-high heat until hot. (The pan is hot enough when a drop of water “dances” on its surface.) Drop a pat of butter or a little vegetable oil on the pan and tilt it to spread the oil or butter over the surface.
4. Ladle a scant ¼ cup of batter into the hot surface for each pancake, leaving about 1 inch between them. With a spatula or the back of a spoon, spread the pancakes into circles about 4 inches in diameter.
5. Cook each pancake for about 1 minute or until small bubbles appear on the top and the bottom turns golden brown. Using a pancake turner, flip them and cook for another minute or until golden brown on both sides. Adjust the heat to avoid burning.
6. Lift the pancakes from the skillet with a pancake turner and serve immediately. Make the rest of the pancakes with the remaining batter. You should have twelve 4-inch pancakes.

Note: To prevent toughening, only turn the pancakes once -- and flip them before the surface bubbles break. Keep them warm in a 200°F oven.



Three-Cheese Omelet

Serves 1-2

2 tablespoons grated mozzarella cheese

2 tablespoons grated Gruyere cheese

1 tablespoon grated parmesan cheese

2 large eggs

2 tablespoons milk

Freshly ground black pepper

Freshly ground nutmeg

1 tablespoons unsalted butter

1 ½ teaspoons chopped flat-leaf parsley, for garnish, optional

1. In a small bowl, stir together the cheeses.

2. Lightly beat the eggs with the milk. Season with freshly-ground pepper and a tiny touch of grated nutmeg.

3. Heat the butter in an 8-inch omelet pan or skillet over high heat until fully melted and foaming. When the butter stops foaming, pour in the beaten eggs. With the flat side of a fork, stir the eggs lightly while shaking the pan gently back and forth.

4. When the eggs have set so that they are still a little fluid on the surface but set at the edges, sprinkle the cheese over them. Tilt the pan to fold or roll the omelet over and tip it out onto a warmed plate. Put the omelet in the oven to keep warm while you cook the second omelet with the remaining ingredients.

5. Garnish the omelet with chopped parsley before serving, if desired