Ideas for Mother's Day

Edward's Trust

Mother's Day can be particularly challenging for those who are grieving, however long it has been since your Mom died. You may find your self experiencing lots of different emotions, which is completely normal. It may be helpful to add some structure and reflection time to your day. On days like these we can feel like we have very little control over how we feel. Planning something to do that pays attention to our grief may give us more of a sense of control in what seems quite scary or unknown.

Some people may find the following activities useful in allowing them to reflect on their memories with their mothers.

Light a candle, sit quietly and take time to remember something about her. This can be anything from the way she wore her hair to a favourite outing you had, nothing is too small.

Tie your Mother's Day card or a special message to a helium balloon and let it soar into the sky.

Plant a tree, some bulbs or seeds in a place that holds special memories of your Mom, if you are unsure of a place, maybe do this somewhere you walk regularly, or in your own garden.

Have her favourite meal or pudding. Maybe try baking?

Listen to her favourite music or make a playlist dedicated to you and her.

Make a memory box in which to keep things that remind you of her – photos, shells, holiday snaps, glasses, silly earrings etc.

Make or buy a new frame for your favourite photograph of her or make an album with memories of your favourite times together.

Post a photo and memory online on our Edward's Trust Mother's Day dedication page: https://edwardstrust.memorypage.org/mothersday23

Ask your family members for their memories of your Mom.

Write her a letter or a poem or a song. Maybe you could start with something like 'If you came back for just 5 minutes, I'd tell you....'

It is important to not feel any pressure on the length of time you spend on any activity that you decide to do. Please remember to balance your time of reflection with looking after yourself and your loved ones around you too.