

# Tools for the Journey

## *8 Ways to Appreciate the Mothers in Your Life*

*Send her a handwritten card thanking her for all she has done.*

*Give her a few hours of "alone time"- allow her to do something for herself.*

*Plan a full family day, including all the mothers in your family.*

**ASK HER.**  
*How does she want to be celebrated?*

*Breakfast in bed is an always appreciated gesture.*

*Work as a family to accomplish something on her to do list.*

*Ask her what you can do for her. What was on her to do list that you can take off?*

*Work with your kids on making a homemade gift to give to her.*

Check out our Pinterest account for some great ideas!  
[www.pinterest.com/nef4dads](http://www.pinterest.com/nef4dads)



**National Center  
for Fathering**

*Engaging fathers. Enriching lives.™*