

They feed us and they hug us
and they help us find our things...
Then later on, they step aside
and let us try our wings...

We know they're always on our side
whatever may befall.
That's why we need them just as much
when we're no longer small...

Yes, God created mothers
to give love their whole lives through...
That's why they're treasured very much
especially one like you



KIDS IN THE KITCHEN

**Prepare something special for Mom
on Mother's Day**

STRAWBERRY YOGURT PARFAIT

Prep Time: 10 minutes

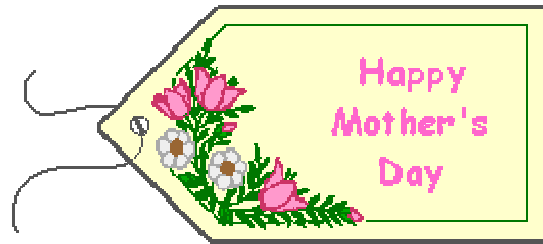
- 1 cup low-fat or non-fat vanilla yogurt
- 1/2 cup granola
- 1 cup sliced strawberries
- 1 Tbsp. maple syrup

Place 1/4 cup of the yogurt in the bottom of two glasses or parfait dishes.

Top with one tablespoon of granola.

Top with 1/4 cup of the sliced strawberries.

Repeat the layers. Drizzle 1/2 tablespoon of the maple syrup over each yogurt parfait



MAKE SOMETHING SPECIAL FOR MOM

Home-Made Coupons from the Heart

Give Mother's Day coupons that mom can cash in whenever she wishes. Either buy a small notebook and write the coupons in there, make them on the computer & print them out, or cut out little cardboard hearts and write the messages on them (you can keep all the cardboard hearts together by putting them into a small decorated box, or hole-punching the top, and stringing them on a ribbon!)

Some ideas for the coupons are:

- **Wash and Dry the Dishes**
- **Set the Table**
- **Hugs and Kisses**
- **Rake the Leaves**
- **Clean my Room**
- **Do the Laundry**
- **One Hour of Quiet Time**
- **One Free Car Wash**
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1. IDEAS FOR AN EXTRA SPECIAL MOTHER'S DAY

1. Plan a picnic for the whole family
2. Surprise Mom with homemade gifts
3. Plan a Spa Day
4. Prepare breakfast in Bed
5. Plan a family getaway for the day
6. Take Mom to a movie