



Mother's Day Gift Ideas for the Mom Who has Everything

by Morgan Tolson

Mother's Day is right around the corner and it's never too early to start thinking about the perfect gift. However, this can be easier said than done - especially if you feel like your mom has everything. Is she into cooking? Perhaps another set of Tefal pans isn't the best idea. Does her jewelry collection rival the Queen of England? A new necklace might be nice, but a bit excessive. Repeating gifts or giving your mother things she doesn't need may come across as disingenuous rather than thoughtful.

Often times we are led to believe that more expensive gifts are inherently better. Although this is sometimes true, I am a firm believer that the most valuable thing a person can spend is time. Time is precious and limited. It is also one of the only things in life we can never get back. Spending quality time with your mom and creating memories together could actually be the thing she needs the most. According to a University of California study, spending time with your mother will help her live longer. Loneliness has been proven to be a major cause for health decline. With this being said, there's no better way to show your mom you love and value her this Mother's Day than by doing some one-on-one activities together.

It might be helpful to first think about what kind of things your mother enjoys doing. Doing things she likes shows you are invested in her interests and she will be touched you remembered these things about her. If she enjoys music or is a musician herself, then surprise tickets to a symphony or a concert to one of her favorite artists would be right up her alley. You could even suggest dressing up and going out for dinner or drinks beforehand to have a true girl's night out. Or if a girl's night in is more her thing, consider cooking dinner for your mom. Cooking is a form of nurturing and is proven to strengthen relationship bonds. This will not only make you feel good by being in service to someone else, but your mother will also appreciate having the night off. Spend dinner talking and catching up with one another. Be sure to focus the conversation on your mother and not entirely on yourself. Let her know that she is the center

of attention. You can finish the evening off with some popcorn and a movie of her choice. Additionally, you could also think about what activity your mother used to do that she has stopped doing. After all, it can be difficult to find time for hobbies with all the day to day craziness. If she is creative and always had an interest in art, consider going to a “Sip and Paint” class together. It’s a fun way to learn how to paint while also enjoying a glass of wine (or two). Or perhaps plays are more her thing. Spring is prime time for outdoor theater – the weather is nice and not too hot. Search your area for upcoming events, such as “Shakespeare in the Park” and other performances. Most outdoor theaters allow food and drink so you could even pack a picnic for the intermission. Who knows, through your mother’s hobbies you might find a shared interest!

Or better yet, focus on things you and your mother like to do together. If you both love traveling, consider a weekend away to a place neither of you have been before. It’s a great way to make new memories and a perfect opportunity to teach your mom how to take a selfie. You can also plan your trip with a special interest in mind. If you both love Harry Potter, take a trip to see “The Wizarding World of Harry Potter” at the Universal Studios in Orlando. Or if you prefer the old school classics, take a trip to New York City where you can channel your inner Audrey Hepburn and have Breakfast at Tiffany’s (also called The Blue Box Café). I hope these suggestions help get the ball rolling. Regardless of how you celebrate Mother’s Day this year, remember that the best gift you can give is time together.

Hyperlinked Sources

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1188033>

https://www.huffingtonpost.co.uk/entry/benefits-of-cooking-forothers_us_5967858ae4b0a0c6f1e67a15

<http://www.sipandpaint.org>

https://en.wikipedia.org/wiki/Shakespeare_in_the_Park_festivals

[https://www.universalorlando.com/web/en/us/universal-orlando-resort/the-wizarding-world-](https://www.universalorlando.com/web/en/us/universal-orlando-resort/the-wizarding-world-ofharry-)

[potter/hub/index.html](https://www.universalorlando.com/web/en/us/universal-orlando-resort/the-wizarding-world-ofharry-potter/hub/index.html)

<https://www.tiffany.com/Locations/EventDetail.aspx?eventid=1063>