



My heart belongs
to mom

Mother's Day
May 14, 2017

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Give the gift of jewelry this Mother's Day

Does your mother adore jewelry? Here are some suggestions to help you find the perfect gift.

PERSONALIZED JEWELRY
There's no better gift to mark the occasion than one with a sentimental touch; for example, a ring embedded with each child's birthstone, a bracelet with charms representing your mother's interests or a piece of jewelry engraved with a sweet note. No matter your choice, she'll certainly be moved!

CUSTOM-MADE JEWELRY
Is there anything more touching than gifting your mother a piece of jewelry that's as unique as she is? Whether she's bohemian, romantic or eccentric in style, choose the shape, material, color and size according to her personality and flair.

SYMBOLIC JEWELRY
A heart-shaped necklace is an elegant way to express your deepest sentiments. With a variety of designs available to choose from, you'll surely find the perfect gem that suits both her style and your budget!

There's nothing like a personalized, custom-made or meaningful heart-shaped jewel to tell your mother just how much you love her.



This Mother's Day, find the right words to express your love

Do you want to celebrate Mother's Day with a sentimental card expressing your unconditional love? Here are some ideas to help inspire your inner poet.

There are a million ways to tell your darling mother just how much you love her. For example, you could let her know that you're proud to call her your mum; that you look up to her in every way; that you're honored to have inherited her amazing qualities, etc. You could also thank her for always being there when you need her most or for being a part of your most cherished childhood memories. If you're not the sentimental type—and that's just fine—opt for some comic relief! Remind your mom of your most petty arguments and underline your gratitude for her unwavering patience.

Remember, Mother's Day is a celebration of all mothers. Give a thoughtful card to your grandmother, to a daughter who has children of her own, to an expecting friend or to someone who has served as a mother figure in your life. And men, don't forget to show your appreciation to the mother of your children on this special day!



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mother's day

I  YOU MOM!



Prepare a surprise Mother's Day breakfast in bed

Do you want to spoil the mother of your children with a mouth-watering surprise this Mother's Day? You can never go wrong with breakfast in bed to mark this most meaningful of occasions! Treat the love of your life to a blissful morning between the sheets with pancakes, bacon and eggs or an assortment of fresh fruit. There's nothing she'll appreciate more than a morning spent in bed enjoying a tasty meal prepared with her family's love and care.

If your kids are more likely to cook up a mess than a breakfast dish, ask them to draw a picture to decorate Mom's breakfast tray instead. For some added fun, have them collect all of the pillows around the house to ensure their mother dines in absolute comfort. Finally, top the presentation off with her favorite flower, a sweet note or an uplifting family photo, and watch her melt with joy!

Raise your glass to moms everywhere

Oh, mothers! There are endless reasons to celebrate the women who give birth to us, raise us, console us and put up with our melodrama. Granted, as children we despised getting chastised for an unkempt room and yes, that infallible instinct to detect our lies got us into trouble more times than we could count. However, we wouldn't be the responsible adults we are today if it weren't for our mother's unconditional love and disciplining words.

No matter their quirks—whether they always prepare a meal fit for an army; forget the title of the film or book they wanted to recommend; have bizarre mannerisms; or lecture motivational nonsense that does anything but motivate—we still love them dearly. Whether or not we like to admit it, these quirks are what give our mothers their charm. So, for all of these reasons—and because we love them to pieces—let's raise our glass in honor of mothers everywhere!



Spoil Mom with these custom gift ideas

There's no doubt that your mother is unique, which is why she deserves a little something special that reflects her individuality. In need of some inspiration? Consider these custom gift ideas for different personality

types.

THE FOODIE

Cupcakes, candy, wines or fine chocolate—what's your mother's guilty pleasure? If Mom is always in the kitchen cooking up a storm, perhaps she'd like a recipe book or a new set of cooking utensils. Otherwise, treat her to a meal at that restaurant she's been dying to try!

THE ATHLETE

Does your mother love to stay active? Between trendy workout clothes, a functional gym bag and a gift card to her favorite sports boutique, the possibilities for your fitness-loving mom are endless.

THE ARTIST

If your mother has a creative eye or loves listening to music during her downtime, consider supplies for her craft of choice (scrapbooking, painting, knitting, etc.) or her

favorite band's latest release. For some cherished quality time together, take her to a concert or a newly opened art gallery!

THE INTELLECTUAL

Is your mother one of the smartest people you know? Put her wits to the test with a challenging board game or a puzzle book. Does she have an insatiable desire for knowledge? Quench her thirst with a documentary series or a subscription to a scientific magazine.

THE ZEN DIVA

There's nothing like a riveting book by her favorite author, a relaxing spa package or a new yoga mat to spoil your mother! If she's constantly looking for new ways to unwind, consider a meditation pillow or an anti-stress coloring book to help soothe her soul.

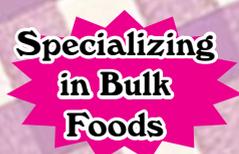


DO YOU HAVE A STRAINED RELATIONSHIP WITH YOUR MOTHER?

Granted, we don't all have easygoing relationships with our mothers. Remember, you don't need to inundate her with compliments or super-sentimental thoughts to show your appreciation. It's important to remain sincere. Simply tell her that you're thinking of her and wish her a wonderful day—it's guaranteed to put a smile on her face!

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Bridging the distance on Mother's Day

Many modern families are spread out across the country if not the globe. Some people move away from family to further their careers, while others are called upon to care for others. Children may



Explore the many ways to reconnect with Mom even if you live far apart.

separate from their parents to witness new travel experiences. Military service may call individuals away from home as well.

Distance can make it challenging to spend time together for major holidays and other special occasions — like Mother's Day. But Mother's Day can still be special even if Mom lives hundreds or thousands of miles away.

Embrace technology

Technology helps break down some of the barriers created by distance. While phone calls were once the way to keep in touch, many people now utilize various forms of digital communication. Someone who lives across different time zones can talk through texting or the various social media avenues available on computers, phones and tablets. Video apps like Skype and FaceTime

enable you to video chat with others in real time. Come Mother's Day, connect with mom via such apps so you can watch her open up her gifts.

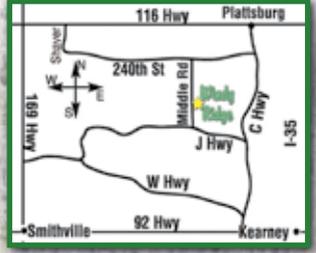
Reconnect with home

If Mom is the one who ventured from home, help her to reconnect with her hometown or another place she feels attached to. Ship her some favorite regional foods that can only be bought in town. Make a photo or video montage of places of interest in town. These little touches of home can

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Celebrate Mother's Day

mean the world to her.

Create a special day

Even if you do not live near your mother, you can still plan a fun day for her in her town. Make reservations for a spa, hair salon or other sources of pampering and surprise her with all the details.

Treat her to the ultimate

surprise

If possible, make a surprise visit this Mother's Day. Coordinate the plan with your father or another relative and then enjoy seeing her eyes light up when you arrive.

With a little creativity, even families separated by geography can share the magic of Mother's Day together.

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Strategies to create a better work-life balance

Parents with responsibilities at work and at home commonly struggle to find balance between these two often conflicting sets of obligations. Surveys have indicated that working professionals who work less are more likely to be happy with their work-life balance than those who burn the midnight oil at work, but for many adults, working less is not always an option.

A 2012 report from New Zealand's Ministry of Social Development found that the percentage of working professionals who were very satisfied or satisfied with their work-life balance declined as their hours worked increased. Canada's General Social Survey discovered similar results, noting that, while the majority of working parents were satisfied with their work-life balance, those who were not most frequently cited their dissatisfaction at not having enough time for family life as the main culprit behind their discontent.

Creating a better work-life balance is an ongoing commitment, and even working parents who employ the following strategies may find they need to periodically tweak their routines so they can fulfill their obligations at home and at the office.

- **Schedule family time.** Since working professionals unhappy with their work-life balance often cite lack of family time as the reason for that dissatisfaction, finding time for family may be the key to changing that outlook. Schedule time for family just as you schedule the rest of your daily commitments. Listing family dinners or activities in your daily schedule will ensure you don't mistakenly schedule other activities

during family time.

- **Employ technology where possible.** Some working parents may feel as though technology has made it harder than ever to leave work at the office. But while smartphones, tablets and other devices may mean you're never too far away from work, technology also can be used to create more time with loved ones. Employ an app such as FaceTime to eat lunch with your spouse or chat with your children each day. Such interactions may not be as enjoyable as face-to-face interactions, but building them into your day can help you stay in touch with family and provide a welcome respite from busy workdays.

- **Use your vacation days.** A recent study from Project: Time Off, a national movement aimed at highlighting the important role that time off from work can play in the lives of professionals, 55 percent of Americans did not use their full allotment of vacation days in 2015. That translated to 658 million unused vacation days, 222 million of which could not be carried over into 2016. Professionals who want to create a better work-life balance can examine their vacation day usage and resolve to use them all if they are not already. Parents can use vacation days on national holidays when schools are closed so they can squeeze in family time even when they are not going on trips.

Parents who put their minds to it can create a more fulfilling work-life balance.



Which flowers to give the world's best mom?

A bouquet of flowers is a classic gift that never goes out of fashion. They're beautiful, colorful and fragrant, and they're always appreciated by the recipient. What sort of flowers will you be offering your amazing mom on Mother's Day?

Ideally, you should give your mom a bouquet of her favorite flowers, but maybe you don't know which ones she likes best. Don't worry; there are a few general guidelines to help you choose. Peonies symbolize sincerity of feeling, lilies express both sweetness and purity and white orchids represent purity of love. They are all popular for Mother's Day, right alongside classic roses, the ultimate symbol of love.

You could choose a bouquet of only one kind of flower or a floral composition combining lilies with other varieties. When choosing a color scheme, opt for soft pastels such as pink and white. If your mom prefers brighter colors, opt for a bouquet in shades of orange or purple, or for a bouquet of different-colored roses.

If you want to give a gift that lasts more than a few days (and your mother has a little bit of a green thumb), you can opt for a potted plant rather than cut flowers. Lilies and orchids, for example, are usually available in pots as well as in bouquets.

One last tip: go to the florist's early enough in the day to avoid the rush and have your pick of the choicest flowers. Flower shops are always busy on Mother's Day.



Happy Mother's Day

Treat your mom to a special outing

You want to give your beloved mom a gift that will last? Flowers wilt and die, but memories are eternal, so treat her to a special day with you. Here are a few suggestions for outings that will delight all kinds of moms.

- **Pamper her taste buds.** For a foodie mom, there's nothing like a meal together at her favorite restaurant or at a new one she's been longing to try. If she likes to cook, why not treat her to a cooking workshop. She'll love sharing the experience with you.

- **Take care of her.** Is your mom more the type to enjoy a relaxing day at the spa or a beauty day with a manicure, pedicure, makeup and hair-do on the menu? Indulge her!

- **Enjoy a bit of culture.** Go to a museum, art gallery, movie, circus, concert or stand-up comedy show. There's no lack of ideas to spoil your mom. She's always got her nose in a book? Take her to browse around a bookstore where you can buy her a book, and then end the day in a nice little restaurant.

- **Treat her to a new experience.** If she loves an adrenalin rush, a day of rock climbing or skydiving is sure to thrill her. Or, opt for a peaceful flight in a hot air balloon at sunset or dawn.



Biking, a spa day, a cooking workshop or going to the movies: what sort of outing would your mother enjoy?

- **Make the most of Mother Nature.** Why not go hiking if your mother loves the great outdoors? Try an outing on bikes or horses, or simply go for a picnic in a beautiful setting.

Whatever you choose to do with your mother—a round of golf, a photo session, a walk in the park or a shopping spree—what's important is that she has a nice time with you.



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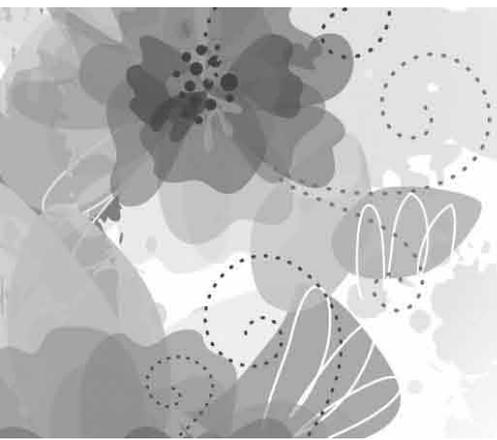
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Mother's Day

MY FIRST LOVE,
MY FOREVER LOVE



Think outside the box on Mother's Day and give your mom a high-tech gift that will surprise her.

Gift ideas for your tech-savvy mom

Is your mom "addicted" to her smartphone or tablet? On Mother's Day, think outside the box and give her a high-tech gift that will surprise her. Here are some accessories that are easy to find and always appreciated.

- A protective case. She'll be able to take her device everywhere she goes and it will always be protected from bangs and scratches. You can find any number of elegant and feminine protective cases in genuine leather, polyurethane or silicone. Some cases can even be personalized.
- A stylus pen. For moms who hate seeing fingerprints all over their screens, a stylus is a great gift. Choose a drawing stylus for the mom who loves to create virtual art, or for a business woman, buy a universal stylus that works with all touch screens.

- An activity tracker bracelet. If your mom is physically active, she'll love to receive a bracelet that calculates the number of steps she takes, the distance she walks or jogs, her heart rate and calories burned. Some of these wristbands can be synchronized with a smartphone or tablet.

- A combo clock radio and USB charging dock. Give your mother the chance to wake up to her favorite music every morning with an alarm clock that also charges her smartphone or tablet.

A portable keyboard, SIM card, earphones and Bluetooth speakers are some other ideas for the techie mom. You still don't know what to choose? Take her shopping and make a memorable day out of it.

Four ways to show your love

Mother's Day is a wonderful opportunity to express all your love and gratitude to the mother of your children, whether they're still small or all grown up. Embrace the woman in your life with tenderness, and highlight this special day with a gift she'll never forget.

- Give her some of her favorite flowers and accompany your bouquet with a message that's both touching and sincere. Write "I love you," tell her how happy you are to live with her and thank her for bringing your beloved children into the world.
- Choose some jewelry with special meaning: a "mother-and-child" or heart-shaped pendant; a ring; earrings or a bracelet in gold or silver. Have it engraved with a loving word, your initials or an important date.
- Invite her to a fancy restaurant with just you or with the kids. It's a great opportunity for her to discover local specialties or flavors from around the world. Or, find out about gourmet hotel

packages that will let her prolong the relaxation. She's sure to remember this Mother's Day after enjoying a feast fit for a queen and a romantic night with you.

- Invite your sweetheart to a spa or beauty clinic so she can relax and be pampered. Afterwards, be sure to tell her how beautiful she is.

Whatever the gift, be considerate and attentive. Give her a day she'll remember with pleasure. Perhaps this Mother's Day will be the start of a renewed relationship, closer and more loving than ever before.

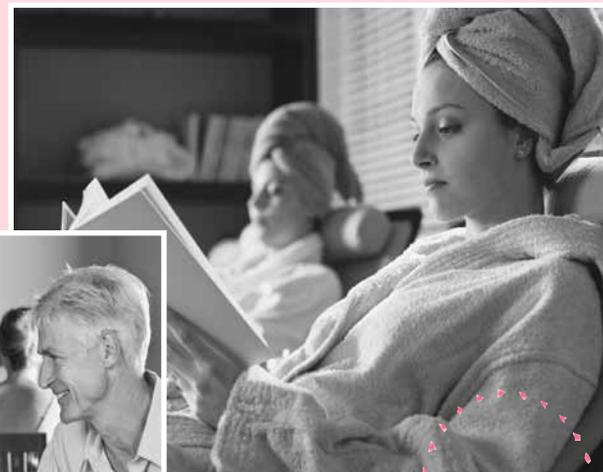


PHOTO: THINKSTOCK



Your grandmother deserves special attention on Mother's Day too.

A day to make Grandma happy

This Mother's Day, don't forget Grandma. Regardless of her age and state of health, your grandmother deserves special attention too, and there are thousands of ways you can give her some. Just remember that it's usually the simplest treats that make her happy.

Whether or not you can organize a family get-together, take advantage of Mother's Day to share quality time with your grandmother. Have a meal at your house or at a restaurant, or picnic together at a park. Take a walk or an outing in the car; visit a museum or go to a concert. These are all activities that your grandmother will remember for years to come.

Is your grandmother housebound? Bring her a small cake or other dessert she really

likes and take a moment to enjoy it with her. Make her laugh, and talk about things that are close to her heart. Ask for her advice, and make sure she knows that you love and care for her.

A photo can be another way to please your grandmother. Give her a recent photo of yourself or the whole family or a souvenir photo that will remind her of a wonderful time. If it's framed, offer to help her hang it on a wall. Other great gift ideas are a soft cashmere shawl to keep her warm, a personalized mug that she can use to enjoy her favorite drink or a nice cushion to support her back. Above all, don't miss this opportunity to visit her; on Mother's Day, your presence will be her most beautiful gift.



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