

GUIDES FOR THE GOOD LIFE

YOUR GUIDE TO

# Giving Mom the Best Mother's Day

*Using the love languages*



REFINE

TRUTH. BEAUTY. LIFE.



# A WARM WELCOME TO CELEBRATING MOM THE RIGHT WAY

Mother's Day isn't just about flowers and brunch (though those are lovely). It's a chance to reflect the love your mom has always given you back to her in a way that feels deeply personal.

That's why we've designed this guide around the five love languages: a simple yet powerful idea that different people feel loved in different ways – through quality time, words of affirmation, acts of service, physical touch, or gifts.

When you discover what fills your mom's heart most, you can tailor your celebration to *her* in a way that she will receive most fully.

Whether you're near or far, raising kids of your own, or organizing with siblings, this guide helps you plan a Mother's Day she'll remember – not because it was expensive or elaborate, but because *you made it about her*.

Within these pages are practical tips, creative ideas, and sweet ways to involve kids – all designed to help you say, **"Mom, I know you. I love you. I see you."**

Not sure what her love language is yet? Take the quiz from her point of view (make your best guess).





# SERVING UP LOVE ACTIONS SPEAK LOUDER

For some moms, love isn't about words – it's about what gets done. If your mom lights up when you wash the dishes without being asked or fix that thing she's mentioned three times, this page is for you.

## Acts of Service

### AT HOME

- ♥ Clean the house the day before or early morning.
- ♥ Cook her favorite meal – and set the table beautifully.
- ♥ Do her least favorite task (laundry, yardwork, etc.) without being asked.

### FROM AFAR

- ♥ Schedule grocery delivery, including her favorite snacks
- ♥ Hire a cleaning or lawn care service for the week
- ♥ Venmo her with a note: “Dinner’s on me tonight!” or order lunch delivery

### GOT KIDS?

- ♥ Have them fold napkins, sweep the porch, or decorate a coupon booklet: “1 Free Kitchen Clean-Up” or “1 Hug on Demand!”





# UNDISTRACTED BE PRESENT

For moms who value time together, your full attention is the most precious gift. No multitasking, no “just one more thing.” Just you.

Presence isn't about doing something big. It's about showing up fully, with no distractions. For moms who crave connection, that's the ultimate act of love.

## Quality Time

### AT HOME

- ♥ Plan a phone-free coffee outing or backyard brunch
- ♥ Take her on a walk around her favorite park or part of town
- ♥ Organize a simple family picnic with no agenda – just laughter and conversation

### FROM AFAR

- ♥ Coordinate a virtual movie night using a shared streaming service
- ♥ Host a remote paint-and-sip or dessert night
- ♥ Send a conversation starter deck and play “interview Mom” via video call

### GOT KIDS?

- ♥ Make a “Conversation Jar” filled with fun prompts for Grandma: “What was Mom like in high school?” or “What’s your favorite memory with Grandpa?” Pull them out at dinner and enjoy the stories





# INTENTIONAL LIFE-GIVING WORDS

Words are powerful – especially when they're spoken with heart and intention. For moms who thrive on affirmation, the most meaningful gifts come through what you say and write.

She gave you the gift of life. Today, give her the gift of your words – spoken with love, remembered forever



## Words of Affirmation

### AT HOME

- ♥ Write her a letter sharing what you've learned from her
- ♥ Go around the dinner table with everyone listing something they love about mom/grandma
- ♥ Make a list: "Twenty Things You Taught Me" or "Five Times You Changed My Life"

### FROM AFAR

- ♥ Send a handwritten card with a photo inside
- ♥ Create a digital slideshow with captions telling her why she's loved
- ♥ Record a family video tribute with messages from each child or grandchild

### GOT KIDS?

- ♥ Help them make a booklet: "Why I Love Grandma," complete with drawings, scribbles, and short sentences





# JUST FOR HER THOUGHTFUL GIFTS

If gifts light up your mom's soul, then the right one will say: "I see you, I know what makes you smile." It's not about cost – it's about the thought behind it.

Whatever you choose, wrap it with intention. Include a note explaining why you picked it. That's the difference between a present and a treasure.

## Gift Giving

### BUDGET-FRIENDLY OPTIONS

- ♥ A handwritten recipe book of family favorites
- ♥ A personalized playlist with songs from her era and yours
- ♥ A memory scrapbook with ticket stubs, photos, and notes

### SPLURGE-WORTHY PICKS

- ♥ A weekend retreat near her favorite place
- ♥ Custom jewelry engraved with children's names or birthstones
- ♥ Cooking class, garden tour, concert tickets, wine tasting
- ♥ A digital photo frame

### MAKE IT HERS

- ♥ Personalize even small items – a journal with her name, a framed quote she loves

### GOT KIDS?

- ♥ Handmade crafts like painted pots, handprint art, salt dough ornaments, or "I love you because..." drawings will melt her heart.



# HUGS & HANDHOLDS LOVE YOU CAN FEEL

For moms who feel loved through physical connection, simple gestures of touch can be more meaningful than anything else.

Touch communicates love instantly – without a single word. For some moms, that’s exactly what their hearts need.



## Physical Touch

### AT HOME

- ♥ Give her a long, warm hug and just be still for a moment
- ♥ Sit close to her during a meal or while watching a favorite show
- ♥ Offer a gentle hand or foot massage with her favorite lotion scent

### FROM AFAR

- ♥ Send a “hug in a box”—a cozy blanket, warm socks, a neck pillow, and a note that says “this is a hug from me.”
- ♥ Matching items – send her a matching bracelet, ring, or mug and keep the twin for yourself. Tell her, “Every time you wear/hold this, remember I’m thinking of you.”

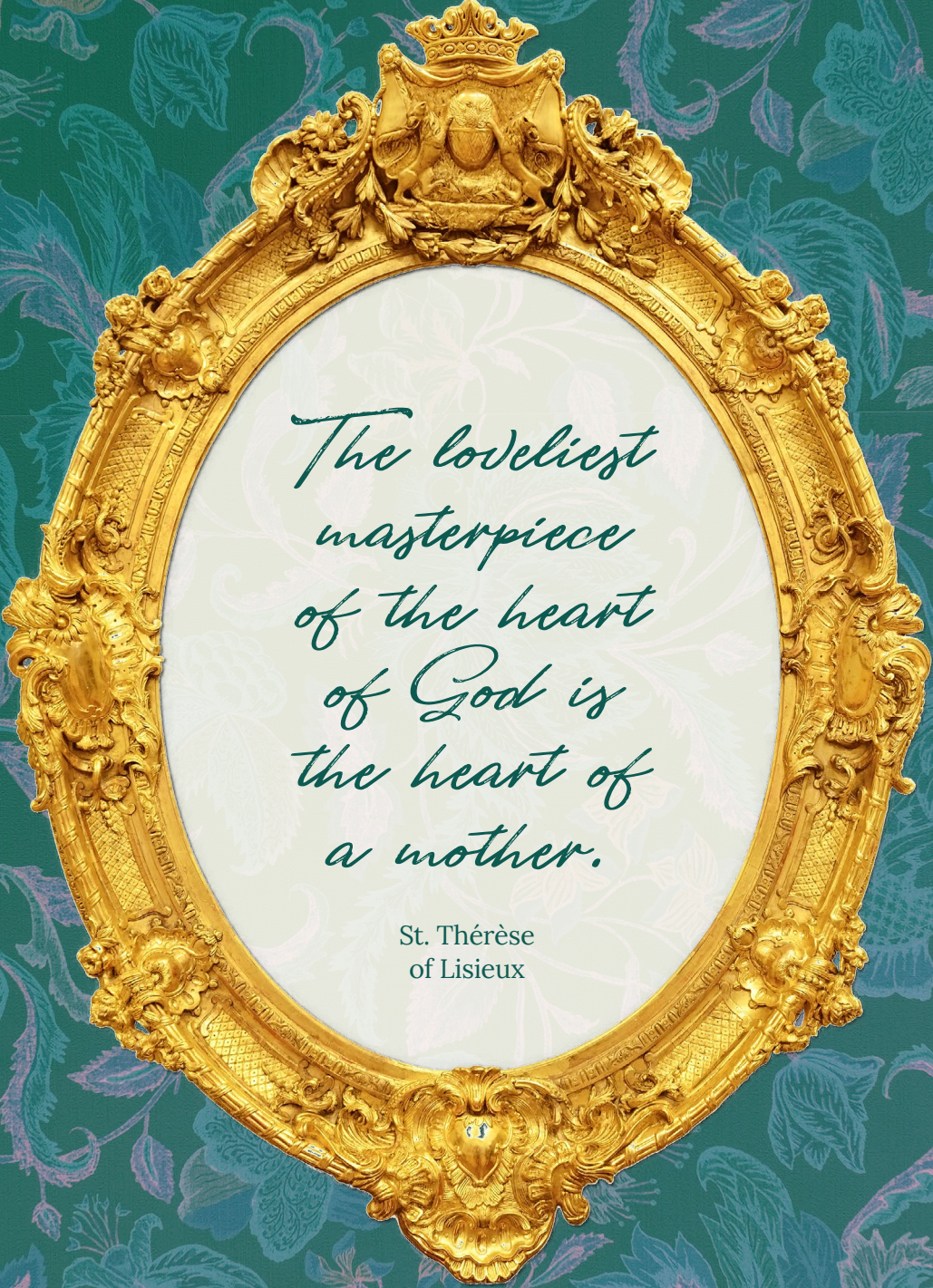
### NOT-SO-TOUCHY- FEELY MOMS?

- ♥ Show care through comfort: bring her a soft blanket, offer an arm during a walk, or tuck her in with tea before bed

### GOT KIDS?

- ♥ Teach them a silly secret handshake or create a “Mother’s Day Hug Routine” with steps like “Spin, squeeze, smile!”





*The loveliest  
masterpiece  
of the heart  
of God is  
the heart of  
a mother.*

St. Thérèse  
of Lisieux

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