

WAYS TO REMEMBER THIS MOTHER'S DAY



Scotty's understands that Mother's Day can be an emotional and difficult time of the year for some of our Members and Springboarders. Sometimes it can be hard to know how best to remember a parent, so below are a few ideas from the Families Team at Scotty's.

LIGHT A CANDLE IN THEIR MEMORY

You might want to use scented candles if it reminds you of them in some way. Remember to be cautious that you do not leave any lit candles unattended.

IT'S GOOD TO TALK

Take the time to chat to your family or friends about your mum. Share stories or memories. You might even learn something new about them.

WRITE A MOTHER'S DAY CARD

You can add in a special message to your mum or even write a letter to them telling them all about what you have been up to. You could place it somewhere special, for example a grave or pop it in a memory box. Writing can really help process your feelings and emotions.

VISIT SOMEWHERE SPECIAL

Go and visit a place where you feel close to your mum. It could be visiting her grave, a place of Remembrance or even somewhere you used to go together. Just take some time to think about your mum.

COOK A MEAL IN MEMORY

Maybe you fancy cooking their favourite meal or ordering their favourite take out.



LISTEN TO MUSIC

Music reminds us of so many things and can help us with our emotions. Maybe you could listen to their favourite band or to a military band.



GO OUT FOR A WALK

You could take some time thinking or talking about your mum.

BLOW SOME BUBBLES AND SEND THEM YOUR LOVE

Balloons and lanterns can be dangerous to the environment and wildlife, so Scotty's suggest blowing bubbles and sending wishes.

HAVE A PICNIC OR BBQ

Play some games, put some music on, eat some yummy food and spend time remembering your mum and how special they were to you. Don't feel guilty for having fun and smiling.

MAKE A SCRAPBOOK

You could include photos, bits of their clothing, certificates and special memories or stories you have been told.