## Do's a Don'ts For Stepmoms On Mother's Day

JACHOKIDS

## 11 Things A Stepmom SHOULD Do On Mother's Day

- Spend the day with your Mom.
- Focus on your own bio kids.
- Go shopping and buy yourself something nice.
- Go to a friend's house and visit, or go with a friend to lunch and get a manicure/pedicure.
- Binge watch Netflix movies or go to the movies!
- If the stepkids are with the bio mom, enjoy the day with your significant other.

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- Plant some flowers in the flower bed or some other hobby you enjoy!
- Remind your significant other that Stepmother's Day is the Sunday after Mother's Day, and it wouldn't hurt to tell him what you would like as a gift or what you would like to do on that day.
- Buy yourself some flowers from the grocery store and put on your bedside table or kitchen table.
- Tell yourself how awesome you are!
- Create your own joy!!!!

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## 11 Things A Stepmom <u>SHOULD NOT</u> Do On Mother's Day

- DON'T expect a gift from the stepkids.
- DON'T expect your significant other to get you a gift from the stepkids.
- DON'T expect to be told Happy Mother's Day by the stepkids or your significant other.
- DON'T expect to be told Happy Mother's Day by your significant other.
- DON'T expect to be recognized for your helping take care of the stepkids.

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- DON'T expect the bio mom to acknowledge what you do for her kids.
- DON'T expect the day to be "perfect" and not chaotic like every other day.
- DON'T think about how much you do for the stepkids and that you are unappreciated.
- DON'T think about how you are missing out because the stepkids are with their bio mom and you feel like you are more of a mom to them than she is.
- DON'T hang out in Facebook groups reading about how sad and unhappy all the other stepmoms are because they weren't recognized on "Mother's Day".
- DON'T expect anything. Create your everything!!!

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## Just Some Interesting Facts

- There is no recognized Stepfather's Day.
- Stepmother's Day was created in 2000 by Lizzie Capuzzi. At the young age of nine years old, Lizzie wanted to celebrate her stepmother. Along with her stepmother, they wrote a letter to her state senator requesting a holiday to celebrate her relationship with her stepmother.
- The origin of the prefix "step-", in stepmother, is steop-. "Steop-" is from an 8thcentury glossary of Latin-Old English words meaning "orphan" with stepson, stepdaughter, and stepchild occasionally used simply as synonyms for orphan.

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- The American incarnation of Mother's Day was created by Anna Jarvis, to honor her mother, in 1908 and became an official U.S. holiday in 1914. Just six years later, in 1920, Jarvis became disgusted with the commercialization of the holiday and spent the latter part of her life, and most of her wealth on legal fees, trying to remove it from the calendar. Ironically, Jarvis was unmarried and childless her whole life.
- Mother's Day is a sad day for many.
  - Many never really had a mother or their mother has died.
  - Some that had a mother didn't have a really good one.
  - Too many mom's are not thankful for what they received as a gift, or even what they already have.
- You have a choice to be happy!

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