

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## 10 Great Gift Ideas For Mother's Day

By Cynthia Marcano

Here are a few great gift ideas for that special mother in your life on Mother's Day.

10. Weekend Getaway. A weekend retreat to a ski lodge could be great for the mom who needs a weekend to unwind.

9. Digital Camera. For the new mom, this makes a great gift. Children grow up so fast, catching those fleeting moments are important. With scrap booking becoming so popular, digital cameras also make a great gift for the scrapbook lover.

8. Charitable Donation. For the mom who never stops giving, she would be honored to know that a donation was given to her favor charity in her name. This is truly a gift that keeps on giving.

7. Buy a Tree or Star. Have that special mom immortalized for years to come. Have a star named after her or buy a tree in her name. With God's love that star and tree will be around even if we are not.

6. Night Out. New mothers would surely appreciate a night out of the house with some adult conversation and atmosphere. It's a simple request, yet such a grand gesture for those moms who just want an evening as an adult. This works well with the morning and afternoon spent with the children. That is what Mother's Day is about in the first place.

5. Spa Day. Most mothers I know could use a spa day. Whether her children are at home or have long since moved out, a spa day is great choice. Spa Days range from a whole package of all the goodies like mud baths and lunch or just a half hour of massage

4. Jewelry. A great idea would be give her a pendant with picture of her child/ren in it or a bracelet, ring or necklace with the birthstone/s of children or grandchildren.

3. Gift Baskets. You can find Gift baskets that contain any and everything. There are baskets that are specifically designed for Mother's Day, but other choices include gourmet and fruit baskets, spa bsakets and candle baskets. Many places also make custom baskets.

## 10 Great Gift Ideas For Mother's Day

2. Flowers and Plants. This is the most common of Mother's Day gifts. It's the obvious choice for that bouquet lover or for a very picky person.

1. The Star Treatment. Being a good mother is the hardest job in the world. Offering that special mom the star treatment for a day is a great gift. Start with allowing her to sleep in. As if that weren't gift enough, breakfast in bed and cleaning the house is just what the mom ordered. Lunch and dinner preparation should be included along with bathing, feeding and dressing the children. Basically don't allow her to left a finger. Supply a good book or time for her to do what she wants. What mother wouldn't want a day to recuperate?

Cynthia Marcano is owner of Simply Sinful Baskets.

<http://www.simplysinfulbaskets.com>

### **Gift Ideas For The Expectant Mother**

**By Amy Foster**

Many gift ideas are out there for the expectant mother. However, some different gift ideas are often not included as typical shower gifts. If you would like to offer a unique gift for someone that you know is expecting, you might want to choose something from the following ideas.

Many times, laboring mothers are given Pitocin, a drug that enhances contractions to make labor move along. Unfortunately, Pitocin creates water retention, as if any woman needs more of that. With feet and ankles up to two or three times bigger than usual, the mother's normal slippers will not fit comfortably. Consider a shower gift of one size larger comfortable slippers that have a rubber sole for good traction. Being able to wear these during the uncomfortable swelling will be a life saver to the new mom and well worth it that she might not wear them afterwards.

The duration of the pregnancy can be quite stressful. With hormones fluctuating, emotions may go up and down rather rapidly. To help relieve tension, you might want to give the expectant mother a day out to relax. You could give her a gift card for a pampered day at a spa, or a gift certificate to her favorite shopping spot, or maybe you could take her to a movie and dinner. Anything that lets the expectant mother to forget about her worries even for just an hour will help her to relax.

Another helpful idea is a housekeeping service. Most pregnancies take their toll on the woman making her extremely tired, especially during the first three months. She may also be battling morning sickness and many visits to the bathroom. Having someone to come in temporarily to help clean the house could ease the expectant mother's workload and allow her to get the rest she needs. This would be a most appreciated and remembered gift.

Through forty weeks of pregnancy and carrying the extra weight, mom's feet and legs are sure to become fatigued. An excellent gift idea might be a massaging footbath. With nodes to massage and water jets to soothe, the mother-to-be can leave the aches of the day and then store the footbath until she needs it again. Any expectant mother would love this gift, especially if she works all day, too.

## 10 Great Gift Ideas For Mother's Day

Another gift idea that will make mom feel special is loungewear designed for pregnant women. Many women only have oversized jogging pants and t-shirts that may make them feel less than pretty. Maternity loungewear is not only comfortable, but it is attractive as well, making mom feel less frumpy. Many also have breastfeeding flaps so that she can continue to use them after the baby is born. Most people direct their shower gifts toward the baby, but mom might appreciate a unique gift that has her in mind.

Amy is the editor of a top

<http://www.clickpregnancy.com>

website, and she also runs a site about

<http://www.babiesabc.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## 10 Great Gift Ideas For Mother's Day

