

NAVIGATING MUM'S BIRTHDAY

We get it! It can be so hard to know what to do on these tricky, sad, milestone-y days!

As the years go on, it might start to feel a little different, and you might start to feel like you're getting a bit better at navigating your mum's birthday.... but, it can be awfully hard, triggering and challenging to know what to do on the first, second and even third one.

However, with support and self-compassion, you can discover meaningful ways to honor and remember your mum on this special day.

WITH THE HELP OF OUR COMMUNITY, WE HAVE POPPED TOGETHER A FEW SUGGESTIONS THAT YOU MIGHT FIND HELPFUL. REMEMBER TO ALSO TAKE THE PRESSURE OFF YOURSELF - YOU DON'T HAVE TO DO ANYTHING IF IT DOESN'T FEEL RIGHT, OR IF YOU WAKE UP ON THE DAY AND YOU'RE JUST NOT FEELING IT!

- Purchase a bouquet of flowers to celebrate your mum's memory or simply to bring some beauty into your day.
- Engage in an activity or hobby your mum enjoyed. It's can be a lovely way to help feel connected to her.
- Lighting a candle in her memory can create a peaceful and heartfelt tribute.
- Treat yourself to a drink that she loved, whether it's a special coffee, tea, or a favorite cocktail.
- Bake or buy a cake, and if you feel like it, sing "Happy Birthday" to her. Candles are optional.
- Prepare or order her favorite meal to honour her memory.
- Give yourself permission to grieve. Set aside a moment to let your emotions flow, and don't hold back the tears.
- Post a picture of your mum on social media, along with a heartfelt message if you wish.
- Take a trip to the place where her memory lives on, and spend some quiet moments there.
- Do something enjoyable, like watching a movie, visiting a park or favourite place, grab tickets to a musical or movie, or take a walk in nature.
- Invite friends and family to join you for a birthday celebration dedicated to her memory.
- Arrange a trip that coincides with her birthday, allowing you to create new memories while cherishing her memory.
- Take a day trip and explore a nearby destination for a change of scenery and a day of reflection.
- If possible, take the day off work and focus on things self-care and self-love that nurtures your well-being.
- Buy a special gift for yourself as a token of self-love and care.
- Pen your thoughts and feelings in a card or letter to your mum, expressing what's in your heart and wish her a Happy Birthday.
- Spend time with friends and family who provide comfort and understand your needs on this day. It is so important to choose this audience wisely.
- Surround yourself with loved ones who can hold space for you and offer support during this emotional time.

Remember, there's no one-size-fits-all approach to commemorating your mum's birthday. Choose the actions that resonate with you, and don't hesitate to communicate your needs to those around you. The most important thing is to honor your mum's memory in a way that feels right for you. If you're seeking additional support, the Motherless Daughters Australia Peer Support Group on Facebook is a valuable resource for connecting with others who have experienced mother loss.