

Take Mother's Day self-pampering tips from a professional

Flowers? Candy? Greeting cards? C'mon, Mom, those things are fine, but you know you deserve better. This is your day. You take care of everyone else all year round. On this day, take care of #1 - YOU!

TrimTalk.com's Director of Emotional Support, Jay Giacalone-Butterfield, LCSW offers these suggestions to moms everywhere:

Pamper yourself. Rather than just one

cursory service, treat yourself to a full day at the spa or salon and maybe get a makeover. Or, spend the day shopping and DO buy yourself something frivolous.

Observe the day. Spend the day with your own mother, grandmother or both. Thank them for all they have done to make you who you are, and reflect on the positive impact you are having on your own child(ren).

Togetherness. Take a long weekend trip with your husband or significant other, sans kids. Make conversation about the "business of life" - work, bills, etc. - OFF limits.

Husbands on duty. Get together for a social outing with a group of other mothers and let the husbands take care of the kids. Remember, he will be parenting,

NOT babysitting.

Exercise. Enjoy the benefits, and time away from it all. Take a yoga class. When you're done, take some extra time to stretch, unwind, and grab a protien smoothie.

Do nothing. Clear the day of any agenda, put those "to do's" on hold and just relax.