



# The Mother's Day Survey

Conducted April 2009  
through the members of  
The Women's Growth Network

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Please note that the survey results have not been edited.

# Mother's Day Survey RESULTS

Assembled by Brenda Turino

To everyone who participated in the Mother's Day Survey... **Thank you!** We're sure that you will find the responses to the ten questions of particular interest. You may want to share them with your mom this Mother's Day.

You will want to read how other women feel about their mothers and perhaps you may learn something new about motherhood. This survey was completed by both women who have lost their mothers and those who continue to enjoy the journey with their mothers.

We grow by sharing and this Report provides us with real insights into how women feel about their mothers and themselves as mothers.

Note: If we received the same response more than once a # will appear between brackets to indicate the number of exact matches.

We ask that you do not print and distribute as this is a confidential document.

## 1. How important is your mother in your life?

Extremely Important	44.7%
Very Important	19.10%
Important	6.40%
Somewhat Important	19.10%
Not at all	10.60%

## 2. What is/was the best attribute about your mother?

- ◆ funny and encourages independence
- ◆ sense of humour (3)
- ◆ Fun to be with
- ◆ Easy going and social.

- ◆ Unconditional Love (2)
- ◆ Loving
- ◆ Everyone else always came first for her.
- ◆ The ability to make each of her 12 kids believe that they were the favourite
- ◆ Her love and caring, her resilience, she never let anything get her down, her unconditional love to her family and wonderful friendship to others.
- ◆ Her incredible sense of humour and selflessness.
- ◆ My mothers patience is a virtue I have always admired even at the worst of times. She takes her time, does not rush and does not stress over the small stuff.
- ◆ She was intelligent
- ◆ Honesty. Told it like it is. Hard Working
- ◆ Her unconditional love for me.
- ◆ A loving and caring person who always thought about the other person before herself
- ◆ She is communicative.
- ◆ Her patience and staying out of her children's relationships with their partners.
- ◆ Very encouraging and inspirational
- ◆ She's a great cook, and sews up a storm
- ◆ Patience
- ◆ her knowledge of community family's history
- ◆ She loved books and passed that on to both my sister and I
- ◆ Generosity (2)
- ◆ She taught me how to love unconditionally.
- ◆ Did whatever she needed to, to make sure we had food to eat and housed with little or no money.
- ◆ Unconditional love, understanding, compassion & caring concern
- ◆ determination
- ◆ Non judgment. My mother never knew her own mother and was raised by her grandmother and aunt. There are six children in our family and one the seventh that did not survive. She gave us all a unique relationship of love, understanding, encouragement, laughter lots of laughter and caring.
- ◆ Support and encouragement
- ◆ She was spontaneous.
- ◆ She is always available
- ◆ My mother raised 9 children plus a mentally handicap granddaughter. I can

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never remember my mother complaining of how little she had in life as far as material things. She always showered us with love and understanding. She raised us all with so much patience and did with so little. So I think this has helped be a positive and try to always take things in stride. Life is what you make it out to be. My mother always had a smile on her face.

- ◆ Friendly
- ◆ How she showed unconditional love to everyone and was always available to her 6 children
- ◆ Supportive, encouraging, dedicated, loving, caring
- ◆ Her honesty
- ◆ She's incredibly smart, just not with me.
- ◆ She used to take an interest in things I did, however, does not anymore.
- ◆ None

Watch for more surveys through  
The Women's Growth Network

Have your opinion count!

### 3. How much do/did you like your mother?

1. Didn't really like her

1	2	3	4	5
8.7	6.5%	15.2%	8.7%	60.9%

5. Loved Her

### 4. Was it empowering being her daughter?

Not at all	28.3%
Sometimes	30.4%
Often	15.2%
Always	26.1%

### 5. What are the three most important lessons you learned from your Mom?

# | Response

- ◆ Honesty, integrity and the difference between right & wrong
- ◆ Always be kind to others
- ◆ Laughing helps
- ◆ Respect your self
- ◆ Love unconditionally (2)
- ◆ The importance of family
- ◆ Be thoughtful and caring
- ◆ If you stand for nothing you will fall for anything
- ◆ The importance of family
- ◆ be able to laugh at yourself
- ◆ To be careful of judgment and criticism of others. It can rob you of good energy. She always said that we humans are always so quick to judge and we never know what its like to be in someone else's shoes.
- ◆ It is unhealthy to be a hermit
- ◆ be opened minded
- ◆ It is on you to do what is right, No one else will do it for you!
- ◆ To have accept people as they are and not try to change them.
- ◆ To make Christ first in your life
- ◆ Winning an argument is not important
- ◆ How to make shortbread
- ◆ Presence
- ◆ Follow my intuition.
- ◆ Be self reliant
- ◆ Not to be like her (2)
- ◆ Love EVERYONE (2)
- ◆ Never give up.
- ◆ Victimhood disempowers you
- ◆ Carry a handkerchief
- ◆ Looks are more important than anything else
- ◆ It is always easy to walk away, hard to stay and fix it.
- ◆ There is no reason not to look your best at all times!
- ◆ Enjoy every minute of your children, they grow so fast
- ◆ Values
- ◆ Respect yourself
- ◆ You can achieve whatever you want with hard work.
- ◆ Not to abuse my children
- ◆ Family is important
- ◆ Love Jesus
- ◆ Spontaneity
- ◆ If you don't try you will never know
- ◆ Education is important
- ◆ To steal
- ◆ Not to yell at my kids so much (she did)
- ◆ To be independent
- ◆ Make better choices in life

Reponses 2 & 3 will be continued on following pages.



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**WANT to do a SURVEY?**

Would you or your company like to have a survey done on your behalf?

If you are interested contact BLT Marketing (WGN parent company) and discuss your needs with Brenda.

## 6. What are the **three most important lessons** you learned from your Mom? Continued

### # 2 Response

- ◆ Let yourself be taken care of and care for yourself
- ◆ never leave the house without your lipstick on
- ◆ Material things are not important
- ◆ Kill them with kindness
- ◆ always help as you don't know when you'll need it.
- ◆ Listening with understanding
- ◆ Putting others first
- ◆ Always be willing to help out wherever needed
- ◆ if you do not forgive people, the keep the power of you
- ◆ Being loving and caring
- ◆ learn to clean the house properly
- ◆ To always cherish your family and to build strong bonds with them (immediate family members and family overseas). Time together is very valuable to her and I believe I have taken after her.
- ◆ show affection to my children and husband
- ◆ laugh a lot (2)
- ◆ Live everyday to the fullest!
- ◆ To tell the truth and not lie about things.
- ◆ To be respect others
- ◆ Be true to yourself
- ◆ That no matter how bad the situation is, it always looks better after a good night's sleep.
- ◆ Helping
- ◆ Learning to accept people as they are.
- ◆ be ambitious
- ◆ to have more patience than she has
- ◆ Food brings people together
- ◆ Don't put off to tomorrow what you can do today.
- ◆ being judgmental puts a wall between you and others
- ◆ Confidence
- ◆ Always get what you can
- ◆ A Hurricane does not uproot deep roots of a strong tree.
- ◆ Something positive always comes out of difficulty or challenges.
- ◆ The ability to laugh at yourself
- ◆ determination
- ◆ Be kind to those around you even though they may not return this kindness
- ◆ Be happy and active.
- ◆ To do what you say I am going to do
- ◆ God is important
- ◆ respect
- ◆ Social Skills/organization
- ◆ How to love unconditionally
- ◆ Family is important
- ◆ To alienate people
- ◆ Each kid should be treated the same (she didn't)
- ◆ to be resourceful
- ◆ Not to be like her

### # 3 Response

- ◆ Rest when you need to rest
- ◆ live each day like it is your last!!
- ◆ Work hard and play harder
- ◆ honesty is the best policy
- ◆ family first
- ◆ Smiling
- ◆ Always supporting your kids
- ◆ Love and support your family no matter what
- ◆ don't waste time accumulating worldly possessions, but rather spend your time ensuring that the people you love know that.
- ◆ Doing a good job at whatever you do
- ◆ To honour myself and dedicate time for me to do the things I like to do. To remember this especially when life gets busy!
- ◆ physical and emotional abuse is not acceptable
- ◆ be accepting of others
- ◆ Help your family and Respect Everyone.
- ◆ To help those in need.
- ◆ To always look out or take care of each other
- ◆ Help others.
- ◆ that complaining even though you are chronically ill, does not help
- ◆ Love
- ◆ To drink very little alcohol, if any at all.
- ◆ strive for excellence
- ◆ to be more tolerant than she is
- ◆ Laughter goes a long way
- ◆ Trust your intuition.
- ◆ loneliness is self-inflicted



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- ◆ Affection
- ◆ Drink tea
- ◆ Smile and the world will smile with you, cry and you will cry alone.
- ◆ Appreciate and validate your mate (she didn't!)
- ◆ Organization
- ◆ Nurture your spiritual side it will sustain you through the hard times.
- ◆ Enjoy life and keep fit.
- ◆ Not to make my children responsible for my happiness
- ◆ Education is important
- ◆ love one another and always forgive
- ◆ How NOT to overspend
- ◆ To appreciate everything in life no matter how bad things are
- ◆ Do not think doom & gloom
- ◆ not to depend on anyone
- ◆ Accepting that I did not have a mother
- ◆ Become a warrior



## 6. How do/did you celebrate Mothers Day?



### Me as the Mom of Honour

- ◆ My husband always buys me **flowers** and my kids make me **breakfast** and we lounge around all day.
- ◆ Spend **time** with my husband and kids.
- ◆ My kids make me breakfast and reflect on the things I do for and with them. We have lots of **fun** as a family.
- ◆ I do something like **golfing** with my husband and two sons. Finish up with a fabulous **dinner** cooked by them!!
- ◆ The family gets together for a meal. I take my mom to the **plant shops** and purchase the plants she wants for her balcony garden.
- ◆ Surprise her with a **visit** if I can, if not send her some nice **flowers**.
- ◆ My children will call and do other things --the home gifts are the best
- ◆ Usually **dinner**, and some **flowers**
- ◆ Our family really didn't do anything specific for Mother's day. However, every Saturday we would gather at Mom's house (from Friday evening) and we'd cook, drink and be merry. This happened without failing. Basically, every weekend was a family reunion.
- ◆ Very quietly. **Waiting** for my children to call and just let me know that they love and miss me.
- ◆ I usually go out with my three son's to a **Blue Jay's** game. My mother is not "into" Mother's Day!
- ◆ When my mothers and grandmoth-

ers were alive, we would celebrate with brunch, now that I am a mother my family meets with family friends for **brunch**.

### Our Mom's

- ◆ Usually I cook her **dinner** to give her the break since she is a stay at home mom. She REALLY enjoys that. I also like to give her **flowers**. To just be home with her and the rest of the family is something she really cherishes. We believe in spending quality of time and bonding more the purchasing of material goods.
- ◆ **BBQ** (2)
- ◆ **Card & gift/flowers** (3)
- ◆ **Breakfast** (2), A **kind message** and some sort of gift from me to her.
- ◆ Did **something special** with my mom on Mother's Day.
- ◆ **By being with her** on her day and by **doing the house chores**.
- ◆ Didn't (2)
- ◆ Telephone call
- ◆ We always spend the day together and sometimes we **plant flowers** if the weather is nice but we just enjoy each others company and cherish our close relationship.
- ◆ **Flowers, conversations, affection**
- ◆ Have a **meal** together (2)
- ◆ Spend the whole day with mom, **talking, laughing, singing, and eating** her favourite food.
- ◆ Spending time with my Mom
- ◆ She lives in Ireland so I send her flowers. They celebrate it in March so she gets the double benefit and deserves every bit of it.
- ◆ Usually get together with my youngest son and his family, and my daughter if she is in the area.
- ◆ With my mother, lunch usually and always a card and gift.
- ◆ Dinner with my 4 children and grandson.
- ◆ Dinner, my treat or at my home with Grandmothers, mother in law included
- ◆ A family dinner
- ◆ Either I make dinner or on occasion



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- ◆ my husband has made dinner.
- ◆ **Cringe at the thought**. Gave a card that was not loving and had her for dinner.
- ◆ **I mail love notes and small gifts to my children**

### Remembering Our Time With Mom

- ◆ *We used to celebrate and get together as a family, my Mother passed away last year, so at each occasion I pull out a photo of my Mom, maybe related to the special occasion and have it on the table during the meal, so that she is with us.*
- ◆ *I go to the Lilac Gardens and say thank you*
- ◆ *We always took my mom out to dinner at one of her favourite restaurants so she didn't have to cook.*
- ◆ *Since we lived quite a distance apart, I called her on Mother's day. But was always back home with her on her birthday.*
- ◆ *Since she died 12 years ago, all I can really do is lift my glass to her and say Happy Mother's Day Mom. I really miss you.*



## 7. Do you wish you could improve the relationship you have with your Mom?

It's OK 8.7%

Could be improved 52.2%

Love it as it is 39.1%



## 8. If you could improve your relationship with your mother what would you do?

- ◆ **Understand her anger** rather than judging or ignoring it
- ◆ I would be **more open** with my mom
- ◆ **Talk to her more**, forget past hurts and let her in my life more.
- ◆ Have her live with us.
- ◆ **Live closer** so I could help her out more
- ◆ I don't think there is anything to improve. I do believe that sometimes I take my mother for granted and speak to her in a tone I later regret.
- ◆ **Start a relationship** --have a Mother I could turn to but it is too late now--would have been nice when the children were young and I need emotional support
- ◆ Give more attention to her business life and **help her** with her work!
- ◆ **More time**
- ◆ See her weekly. **Be more involved** on a regular basis. She like's the dis-

tance between her children and her life.

- ◆ I'd like to be able to **tell her** about how she is right now, without her getting all in a huff and walking out, so she could be more accepting of my family the way they are.
- ◆ More honest direct **conversations**.
- ◆ **Talk openly** and acknowledge issues
- ◆ I would like have more touch from her, with more hugs and lots more laughter.
- ◆ My relationship now works well. I accept her and love her anyway. I really understand her, and I hold a vision for her that she will eventually find **her own happiness**
- ◆ Get her off my back about my weight
- ◆ I would not try to change her loving ways.
- ◆ Now that I understand about personality types and motivational preferences, it would be easier to understand her and **communicate with her**. Maybe.
- ◆ Spend more time together. **Tell her how great she is**.
- ◆ Be **more open** with her about my feelings and get to know her more as a person/adult not just as my mother.
- ◆ Move closer to help look after her in the declining years or **visit more often**
- ◆ Get her to **see the good** in people and enjoy the grandchildren more.
- ◆ Spend more time with her
- ◆ **mother deceased (4)**
- ◆ I would spend more time with her. She is now with the angels keeping a watch over me.
- ◆ She's been gone since I was 22 so it is hard to imagine an adult relationship with her.
- ◆ There's nothing to improve. My mother was indeed a fabulous woman. She's now passed, but he certainly taught us lessons we'd never forget.
- ◆ Probably be more open with her and tell her that I loved more often.

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My mother died when she was 52 years old.

- ◆ Communicate regularly
- ◆ Stay away from her
- ◆ Spend more time with her and do the things I want - like call her up and ask for advice, share a laugh etc.
- ◆ Have her get counselling.
- ◆ Nothing there was nothing there to begin with.
- ◆ Listen more and talk more
- ◆ Communicate better. Would like her to be supportive, encouraging, and proud instead of negative, condescending and belittling.

### Reflecting of Mother

- ◆ She passed away 13 years ago
- ◆ My mom passed away when I was Sweet 16 ...39 years ago!!

If you want a better relationship with your mother then you need to make the first step. Do something, do anything but don't wait too long. It may be too late!

## 9. If you could give some **advice to your mother** what would that be?



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- ◆ **Accept life** as is, stop trying to control and change those around you!
- ◆ **Be independent** and make your own money so you feel empowered
- ◆ **Take better care of yourself** ... be responsible about birth control!!
- ◆ **Spend more time on "you"**
- ◆ **Take time for yourself** don't worry about your future, the kids are big and can take care of themselves.
- ◆ Don't move in to a Seniors Building - **live with one of your children. Get all your finances in one place. Write down what you want done once you pass away.**
- ◆ It's time for us to worry and take care of them - not her needing to still think she needs to fix everything
- ◆ **Be proud of yourself and never for a moment think you are not worthy.**
- ◆ To **stand up more for herself** and to **speak what she feels.** I would like to tell her that the advice (warnings) that she gives of relationships may have instilled some fear in me. I would tell her that her suggestions or comments on marriage may work for her but may not be the same for me....some of her messages have instilled fear for me.....working on it....
- ◆ **Get counseling** for past issues so that she could be a complete person
- ◆ **Relax and don't stress** about the little things, life is too short to worry about nothing!
- ◆ **Not to work so hard and take more time for herself**
- ◆ **Honesty is worth everything**
- ◆ **Not sure**
- ◆ To **be more involved in her children's lives** on a more regular basis and to **engage in a healthy lifestyle, give up smoking and drinking.**

- ◆ **Chill out!!**
- ◆ **Be more vulnerable.**
- ◆ **It's ok to 'feel' and be yourself**
- ◆ **Let your guard down**
- ◆ **Love yourself!**
- ◆ **Stop meddling** in everyone's business
- ◆ I would tell her **never to change** her ways. To just absolutely be the way she has been all her life, that is Perfect!
- ◆ Stop playing her children one against the other... **Accept those of us who were not like her for who we are.** Accept that her beliefs and rules were good for her - not necessarily for us.
- ◆ **Enjoy your life more, do things for YOU,** those that love you want to see you enjoy your life not only enriching the lives of others & doing for others.
- ◆ **Don't be so hard on your mothering skills** you gave us more than most. A true unconditional love.
- ◆ **Be thankful for all the God has given us.**
- ◆ **Your children,** especially your son, **are not responsible for your unhappiness.** You will not find the happiness in a pill or in a bottle or from someone else.
- ◆ **Be honest, be supportive, stop showing favouritism. Learn to live within your means.**
- ◆ **Learn to love yourself** and only then will you be able to love your children.
- ◆ **None.** She wouldn't listen anyway.

- ◆ **Stop pitying yourself,** stop thinking about yourself, **stop thinking everyone's against you.** Get on with it and do something to improve your situation instead of expecting everyone else to do it for you.
- ◆ **I hope you have learned what you needed to learn from me.**
- ◆ **Be happy. Deal with your problems. Learn to love and be loved.**

### Remembering Mom

- ◆ *You did fine so rest well.*
- ◆ *You tried your best but your criticism were hard to take sometimes*
- ◆ *I would just want to thank her for being her. Each of her kids were able to talk to her openly and honestly. She always had our best interest at heart.*
- ◆ *She did so much for others, never took time for herself or treated herself. Would worry too much at times.*

Gifts come in all forms. Opening communication and expressing feelings are gifts that each of us can give our mothers.

Brenda Turino

10. If you could give some **advice to your daughter** about being a mother what would that be?



- ◆ **Enjoy your family... every day!!**
- ◆ Housework and everything else will always be there, so it can wait... **your family and friends may not always be there - so take advantage of the time you have!!**
- ◆ **Hug your mom every day and tell her you love her whenever you speak.**
- ◆ **There is no rush**, do what is right and not what everyone or society think you should.
- ◆ **Children are a gift from God. Love them unconditionally (3).**
- ◆ All the same that my mom gave me
- ◆ **Love God**, then love your children as God loves you, unconditionally. Don't be afraid to be their confidante and never let them know that you will always defend them. My mother was always my best and most devout advocate.
- ◆ **Let your family know you love them**, say it often, **remember to appreciate** them, and let them know. A nice hug goes a long way!
- ◆ **Try to find the humour in it all.**
- ◆ **Keep open communications**, be honest in your dealing with all the family and ask questions and be involved in the day to day issues
- ◆ **Spend all the time you can with your daughter** because they grow up too fast.

- ◆ **Be true to what you believe** in regardless of others.
- ◆ **Listen more, love yourself first before having a child**, don't hold back in sharing your feelings too.
- ◆ Do the best you can, **no one is perfect**, listen with an open heart and mind to your children, remind them often that **with hard work they can do anything** they want, that **it's ok to make mistakes**, that no matter what you love and like them.
- ◆ **Mother's aren't always right.**
- ◆ **Allow your children to be who they are. Lose the rules and the 'shoulds'.** Accept that their paths are different from yours.
- ◆ **Teach your children to follow their hearts.**
- ◆ I would tell her to love with "detachment" and let love return itself to her.
- ◆ **Enjoy every minute of your children, they grow so fast;** let them be who they are & nurture that; spend time playing & talk with them often & **demonstrate your love** always.
- ◆ That love is the most important thing in life. **Without family and friends, you have nothing.**
- ◆ **Don't sweat the small stuff.** This too shall pass. A hug helps a lot.
- ◆ **Teach and instill the values** she was raised with. **Be committed to motherhood.** Cherish each moment.
- ◆ Always **take things in stride** and be patience. Things will come to you much easier if you take it a day at a time. **Teach your children to respect themselves** and the people around them. Remember the things you learned in life and pass them on to your children.
- ◆ **Make sure the man that you choose to marry has the same values as you.** Don't give up on your dreams.
- ◆ **Put yourself first. Love yourself and be kind to your children.** They are precious and deserved to be loved.
- ◆ Some days are better than others but the **kids are only kids once.** This is the time to lay the foundation for your adult relationships with them, and also to impact on the choices they will make as adults. **Treat them well, be a firm parent but a fair one.** Be a friend to your kids once they are adults and always be their soft and safe

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- ◆ place to land. Unconditional love (and like) is the most powerful gift there is.
- ◆ **It's difficult, expect to spend a lot of time dealing with issues and problems.**

**To our Sons, Nieces and other VIP's**

- ◆ I don't have a daughter, however, if I did, I'd say, **"Be happy"**
- ◆ If I had a daughter it would be to **understand and accept your child** for who THEY are rather than how you see the world.
- ◆ **Respect and care for yourself** first, only then can you give to others.
- ◆ **Don't allow any one to take advantage of you!**
- ◆ I don't have a daughter (I have 4 boys) but I would tell my daughter to **instill confidence into their daughters.**
- ◆ **To be encouraging** and let them know they can do or be whatever they dream!
- ◆ **I would tell my future daughter that it is the most important job in the world.**
- ◆ **So here is to all the sons, nieces and other important people**
- ◆ I don't have any kids. But if I did, it would be to **be open minded and follow your dreams. Don't let guys mess up your plans!**
- ◆ Hmmmm....I don't have any daughter's, but to my sons, I would encourage them to **stay involved in their mother's life** and communicate openly and freely as often as possible.
- ◆ To my nieces - **Be patient, silly, funny, concerned and set boundaries and your children will thank you for it.**