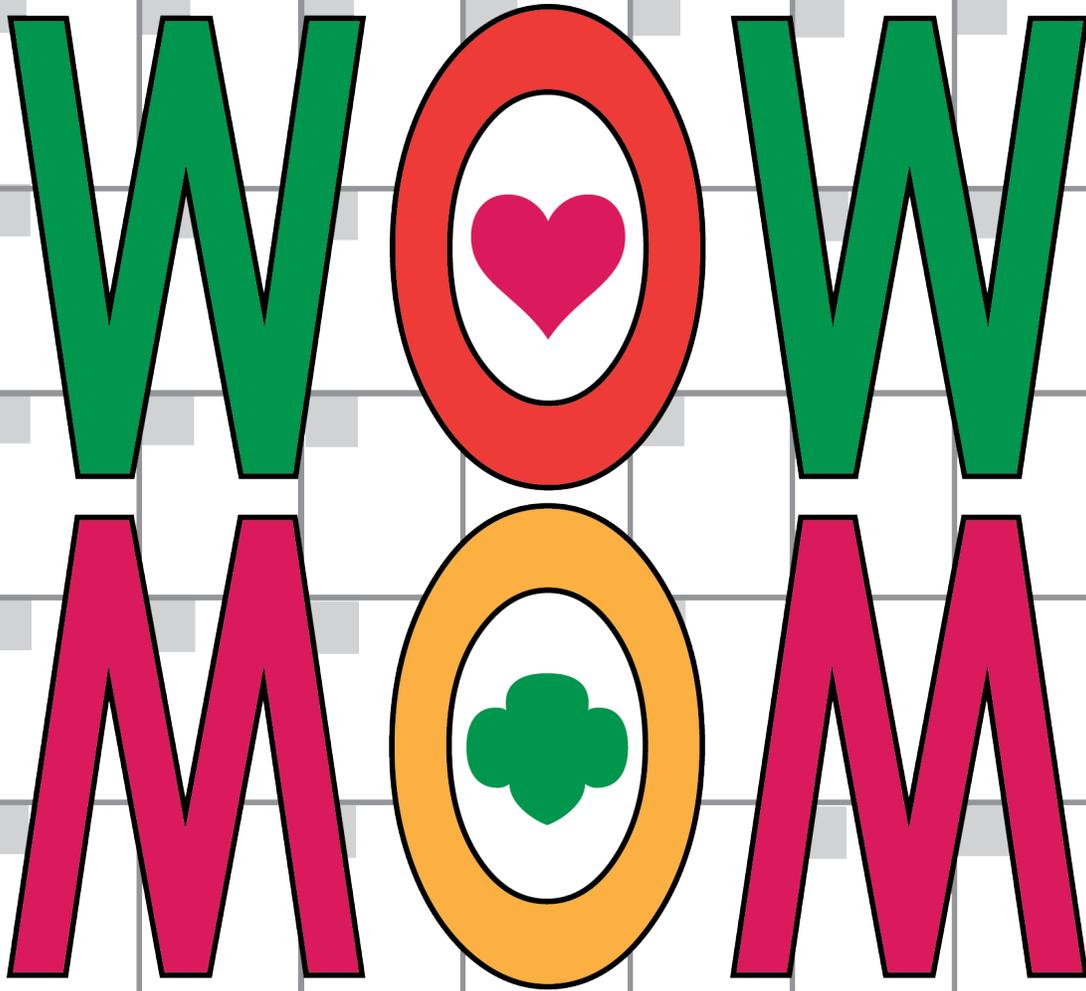


she makes our family work



**WORKING**  
**mothers**  
FRIDAY • MAY 8 • 2020 **day**

## **WOW MOM!- Working Mothers Day 2020 Patch Program**

Moms are like superheros. They spend most of their day planning and caring for everyone in their family. If you have a working mom, she is doing all of that - plus working full-time! Did you know that a working mom clocks in about 98 hours a week? That is like working 2.5 full-time jobs? That has got to be a stressful and demanding gig, and we applaud working mothers for being able to tackle it all! That admiration is what led to the creation of Working Mothers Day by a Girl Scouts Heart of the South girls who decided their working moms - and working moms everywhere - needed more recognition.

Put yourself in your mom's place and realize all that she does for you and your family on a daily, weekly, monthly, and yearly basis. Chances are, she keeps your household running and gets you ready to take on your day. As you work through each of the patch steps, make notes and answer the discussion questions in a journal or notebook. Once you have completed the patch, give your mom the journal filled with your kind words of appreciation and love.

### **Step 1: Mom of all Trades**

Your mom does a lot to take care of the health and well-being of each person in the family as well as taking care of your home. Meals need to be made, dishes done, laundry cleaned, pets fed and walked, groceries bought, homework done, extracurriculars done, more food to be cooked and so on. A lot goes into keeping a household clean, organized and running!

Someone also has to make sure that everyone's needs are met throughout the day. Not just your physical needs like food in your belly, clothes on your back, and a safe roof over your head, but also your mental and spiritual needs too. Your mom loves you and encourages you through the day and probably checks in with you about what you need help with or want. She gives you hugs and kisses and takes care of you when you are sick. She helps to guide and ground you and is always there when you need her.

As you work on this portion of the patch, **think about everything your mom does to ensure the success of the family and household well-being.** Ask yourself how your mom takes care of you and what can you do to help lighten her load and take care of her?

- Write down all of the housework that needs to be done on a weekly basis. Then, make a chore list for everyone in the house to help split the work. You all live there; you all should help clean it too!
- Plan and schedule a family game night, or lead a topic to discuss spiritual and mental health.

- Plan a meal to cook and clean up after yourself and your family so mom doesn't have to.
- Ask your mom more often how you can help her around the house. Be more proactive! When the groceries get there, help unload them. When you see your mom folding laundry, start to help her.

#### Discussion Questions:

- How does your mom make you feel loved? Do you think it is important? What do you do to make your mom feel loved?
- How does your mom take care of you when you are sick? Who takes care of her when she is sick?
- How many hours does your mom spend cooking and cleaning for the family each week? How long do you think it would take if you and your family all helped mom together? Do you think your help would change how much time mom has to spend doing this? What would you rather your mom be able to do with that time?

#### Explore Deeper:

- <https://zen.homezada.com/2017/05/10/5-things-can-around-house-help-mom>
- <https://www.mother.ly/work/8-working-moms-share-how-they-find-work-life-balance>
- <https://www.americanprogress.org/issues/women/reports/2018/05/18/450972/un-equal-division-labor/>

### **Step 2: Go Mom Go!**

Most families have a lot going on. Between school, sports, Girl Scouts, and other extracurriculars, it can be quite a rush to get it all done. And when there isn't enough time in the day, your mom has to decide what has to get done first and what can wait. She probably also manages your schedule and commitments to make sure it is realistic for you to balance everything. She has to make sure that you are picked up from one thing and taken to the next and that you are safe.

Your mom selflessly puts you and your needs above her own all the time, and she goes out of her way to make you feel special. Think of holidays, birthdays, and other special family traditions. She spends a tremendous amount of time planning out the perfect moments for you to remember forever.

Time management and planning play into the task of managing everyone's time efficiently and effectively and making sure everything gets done. As you work on this portion of the patch, think about all that goes into the scheduling of the household. How can you make sure it is balanced?

- Create a schedule for the house to follow. Think of everyone in the household and what they need and do on a daily basis. What about your pets and housework? Plan out every part of your day, including your screen time, outside play, homework, and chores.
- Allow mom to have some time to herself to complete work. Give mom a no disturbance time!
- Be prepared for any practice, event, or school morning by laying out anything you will need the day before to ensure you are helping mom by being prepared and using your time wisely!
- What are some ways you can take control of your own schedule and time management?

#### Discussion Questions:

- Do you think there is still stuff that needs to get done after you go to bed? Who does it and why?
- Whose appointments and tasks do you think gets prioritized first most of the time?
- Do you think it could be hard to manage several people's schedules? How do you think you could help with that?
- Do you understand why your mom may be upset with you when you are running late or stalling?

#### Explore Deeper:

- <https://www.additudemag.com/organize-prioritize-adhd-child-school-homework-help/>
- <https://www.scholastic.com/parents/family-life/parent-child/teach-kids-to-manage-time.html>
- <https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/family-routines>

### **Step 3: Mom Boss**

Jobs come with a certain set of responsibilities and expectations. When your mom goes to work every day she is a part of a completely different world of meetings, conference calls,

webinars, and paperwork. Everyday she does a balancing act between her career responsibilities and her mom responsibilities. Some days, things happen; you may get sick or have to go to an appointment, and she has to take time away from work to take care of you, or she has to find someone who can. These two worlds will overlap when a mom works, and some employers are more understanding than others. This may be an issue that some working moms face.

As you work on this badge step, think about how demanding and tiring a full time job can be. Think about how much more house work she does before she leaves for work and after she gets home.

- If possible, go to work with her for a day and just observe! Take Your Daughters and Sons to Work Day is held around the world on the fourth Thursday of every April.
- Create something that shows who your mom is like a scrapbook or art piece or cape (ex: my mom is a...caregiver, lawyer, nurse, writer, friend, wife, daughter etc.) for her to display at work.
- Have a career day with your troop so you learn about all the amazing moms in your life and what they do as a career. Talk to your troop leaders and parents about how much of their time and effort also goes into Girl Scouts for you.

#### Discussion Questions:

- Do you think your mom struggles to balance work responsibilities and at home responsibilities? Do you think that is important?
- Do you ever see your mom stressed about work at home? Do you think she thinks about home and you while she is at work?
- Why do you think your mom works and has a career?

#### Explore Deeper:

- <https://www.parents.com/parenting/work/life-balance/talking-to-kids-about-work/>
- <https://www.skillsyouneed.com/rhubarb/teach-kids-job-skills.html>
- <https://www.rachelcruze.com/saving/teach-your-kids-how-to-work>

#### **Step 4: The Cost of Being Mom**

There are bills and expenses that need to be paid, and it costs money for everything you have. Your mom works hard every day to provide you with a safe place to live, food to eat, a car to ride in, and so much more. Not only does it cost money for basic needs, but all the

fun and extra things you do cost money too. When you go to the movies it can cost up to \$10.50 per person. For a family of 4 plus tax, that totals \$45.88 and even more if you get popcorn and snacks. When you join a sports team or club there are costs associated with that too. If your mom makes \$25 an hour, that is about 2 hours of working for you all to see a 2 hour movie.

Your mom will always be your biggest cheerleader. She wants to see you succeed in everything you do, and she would do anything to make that happen. She will support you physically, emotionally, and financially.

As you work on this badge step, think about the cost of your lifestyle and how much time your mom has to work so you can do those things.

- Learn about the cost of extracurriculars to understand mom has to work a certain amount of hours to provide for the cost of your extracurriculars.
- Learn about trade-offs, does mom have to give up anything for you to have things or activities? What would mom do with that time or money instead?
- Create a budget for a household based on real life. Write down everything you think you would need to pay for and how much you think it costs. Then check with a parent on your budget categories and do some research on the median cost of things where you live and see how accurate you were. Does knowing how much things cost change your perspective at all?

#### Discussion Questions:

- Ask your mom about challenges she faces or has faced as a working mother. How did she overcome challenges? Does she feel supported at home and/or work?
- Do you have a better understanding of the cost your mom spends for you to enjoy your sports or hobbies or toys? What does that amount equal out to a year? With that number in perspective, do you feel differently about doing those fun, extra things?
- Do you appreciate why your mom works so that you can have and do things you need and enjoy?
- Do you see your mom spend money on herself? Compare that to the amount you think she spends on you for your wants and needs.
- Do you think the extra money your mom spends for fun or on extra things is a privilege or a right?

### Explore Deeper:

- <https://www.daveramsey.com/blog/how-to-teach-kids-about-money>
- <https://www.homeyapp.net/why-budgeting-is-the-most-important-skill-to-teach-your-kids/>
- <https://www.parents.com/parenting/money/family-finances/teaching-kids-about-money-an-age-by-age-guide/>

### **Step 5: More than Mom**

Your mom was a completely different person before she became your mom. When someone becomes a parent, their priorities completely shift, and parents wouldn't have it any other way. But it is important to remember that your mom is a person outside of being your mama. She once had hobbies and interests outside of you and her family and work. She may not have as much spare time now but she still needs to find time for things she loves.

Your mom is also a Daughter, a Sister, and a Wife. She has other relationships that she has to nurture and spend time in. She may also be involved in your school and activities; she may have a leadership role at church or somewhere in the community, and, believe it or not, she has friends that she likes to see too. Does your mom like to exercise or spend time outside? Does she like to read or bake? She has to find time for those outlets as well. These types of activities can help your mom to recharge and are good for her mental health. Just like you feel rested and ready to go after taking a break, your mom needs that too so she can be the best that she can be for you!

As you work on this patch step, think about the importance of self care and having hobbies. A battery can only go so far before needing to be re-charged. What are some ways you can help your mom recharge and take care of herself?

- Find out what the perfect day would be for your mom, is it doing a hobby like gardening or yoga? Learn about why she loves these things, bond over similar interests.
- Gather photos of your mom from when she was your age. Ask her about the photos, what was she like at your age? What did she love doing when she was your age? Discuss how times were different from your mom's childhood compared to your childhood.

- Observe your mom for a week, what does she do after a long day? Does she change into comfy pajamas and fuzzy slippers? Does she make up games for you and her to play? Try to focus on what small act she does for herself each day.
- Can you tell when your mom is stressed out or needs a break? Think of ways you can help her to reset and relieve stress.

### Discussion Questions:

- Why does your mom enjoy these hobbies? Do you think you better understand what your mom is interested in and how she relaxes?
- Do you think your mom ever compares herself to other moms? We often live in a world with social media and television comparison, however those images may not be real, how do TV moms compare to real moms?

### Explore Deeper:

- <https://www.goodhousekeeping.com/health/wellness/a25655596/self-care-for-moms/>
- <https://www.mother.ly/child/montessori-at-home-kids-need-to-learn-self-care-too>
- <https://parentandteen.com/taking-care-of-yourself-a-gift-to-your-teens/>
- <https://www.parents.com/parenting/moms/healthy-mom/self-care-for-moms-why-its-important-to-make-it-a-priority/>

### **Final Project: Stop, it's MAMA TIME**

Working moms are rockstars. From the majority of the housework and mom-ing, to coordinating the chaos of multiple schedules, budgeting and trying to balance work-time, family-time, and mom-time, your working mom deserves the world and more than she could ever be repaid.

As you work on your final project, think about everything you have learned during this journey. Understand the difference between what your mom has to do and what she does for you because she loves you so much. Try to give back to her in a unique and meaningful day this Working Mothers Day.

- Create a stress free zone for mom! This can be a time period a week or week to allow her to decompress! Plan her a self-care day by doing spa activities!
- Have an “All About Mommy Dinner!” With the help of your family, plan a special dinner all about your mom! Cook her favorite meal, play her favorite music in the

background, have the family clean up the house and get dressed on their own, and afterwards clean up and allow your mom to watch or read a favorite and not lift a finger after dinner!

- Moms love meaningful and sentimental gifts, with bonus points if they are handmade. Get creative and make your mom something that will show her how much you mean to her. Capture your handprint or frame a photo of the two of you with a note or poem. Here is a list with some great ideas:

<https://www.ftd.com/blog/share/thank-you-mom>

#### Discussion Questions:

- What did you learn about your mom that you didn't know before?
- Do you understand how much your mom provides for you and do you have a new appreciation for all that she does?
- What are some ways you can contribute to helping your mom all year round, not just around Mother's Day?
- How does having a mom who works affect you and what have you learned from it?

#### **Other Resources:**

- ★ <https://www.workingmother.com/>
- ★ Cozi Family Organizer
- ★ <https://www.workingmomsagainstguilt.com/>
- ★ <https://www.lifehack.org/articles/work/11-positive-effects-working-moms.html>
- ★ <https://www.mother.ly/work/its-science-working-moms-have-long-lasting-benefits-for-their-kids>

Thanks for participating in Girl Scouts Heart of the South's WOW MOM Patch Program!

Please fill out the short form linked below to let us know that you took part!

<https://girlscoutshs.wufoo.com/forms/wow-mom-patch-program-participation/>

A link to a "virtual patch" and downloadable certificate of completion will be provided when you click "SUBMIT" at the end of the form.

You will be notified by email when physical patches are able to be ordered from the Girl Scouts Heart of the South council shop.

Thank you!