



Celebrate Mom

Q How can I help my kids make Mother's Day special—without creating more work for me?

I've got four daughters, so I know that Mother's Day means one thing in lots of homes across America: sleeping in! And then, waking up to breakfast in bed. Which means that kids (or husbands) everywhere are tasked with creating breakfast without mom's help. Here are some ideas for making that a bit easier.

Pre-make the food and freeze it so breakfast is purely a matter of defrosting. Mini-muffins or scones are great for this (and a great week-day timesaver anyway)! Or simply **whip up a batch of pancake batter and stick it in the fridge the night before**—older kids or Dad can cook up pancakes with little fuss. My strategy when the kids were tiny: I'd **buy containers of pre-cut fruit** and let them design their own fruit platters. **Keep it simple**, because on Mother's Day, more than any other, it's truly the thought that counts anyway.

Melissa d'Arabian is a Food Network host, best-selling author and mother of four. Her new cookbook Supermarket Healthy is available now. Ask her a question about grilling or summer entertaining at relish@athlonmedia-group.com.