

pass it on

Compliments fly on Facebook as mothers spread the word

MORALE BOOST

Elissa Doherty
family reporter

AUSSIE mums are giving each other a pat on the back for Mother's Day.

Hundreds are hitting Facebook to compliment each other on what a wonderful job they are doing.

The positive reinforcement campaign was sparked by the backlash against celebrity mum Jackie O, who was slammed for returning to work two months after giving birth.

A recent survey revealed mums copped criticism whether they returned to work or stayed at home with the kids.

Emma Marks, who runs website Mum's Lounge, started the "Pay It Forward Mummy Compliment Campaign" to boost mothers' morale.

"The Jackie O incident was another example of mums being judged for trying to raise their kids the best way they can," she said.

"Many mums were horrified by the way Jackie O was



Jackie O and Kitty

judged so harshly and without real justification.

"And it reminded mums how we have all been judged by other, often 'well meaning', people."

Women tag friends in a photo on the campaign's Facebook page and write a message about why they admire them.

They are then encouraged to "pay it forward", inspired by the Hollywood movie of the same name, and send compliments to other friends.

"It's about giving mums a little more recognition and

the appreciation they deserve," Ms Marks said.

Psychologist Jodie Benveniste, director of Parent Wellbeing, said mums were under increasing scrutiny for several reasons.

"We live in the information age and there is more information everywhere on parenting," she said.

"More information can be helpful but it can also be undermining."

She said many parents did not have the same network of support as in years gone by.

Organisers are hoping for 1000 compliments by tomorrow's big day.

Stay-at-home mum Jolene Humphry, 32, who has three children aged from 17 months to four years, said being a parent could be a thankless job.

"When you have a new baby, someone will say — are you breastfeeding?" she said.

"You know they are already judging you — some think you should breastfeed, some think you shouldn't.

"Everyone has got their own opinions on what other people are doing."



Family ties: Melissa Williams, 23, Dorothy Collins, 76, baby Tanika, Denise Day, 59, Doris Plowman, 97, and Michelle Amedovski, 41. Picture: NORM OORLOFF

Tanika makes it a great, great, great day for all

DOCTORS can take the credit for turning little Tanika Galicki's life around.

But the emotional support for first-time mother, Melissa Williams, came courtesy of an incredible network of women.

Ms Williams, 23, is fifth in line of six living generations of Plowman females.

When Tanika was born seriously ill eight weeks ago, strength came from the top.

"I thought I was going to lose Tanika," Ms Williams said. "She went through a lot of trauma before they found out she had juvenile diabetes. She had trouble

THE GENERATIONS

Evonne Barry

breathing, she couldn't hold down any fluids — she just had no life in her.

"It was terrible for me and (boyfriend) Sandy. My family got me through. We're very close, and very big."

Now home and healthy, Tanika met her great great great grandmother Doris Plowman, 97, for the first time in Camperdown.

They were joined by the four mothers linking them — Dorothy Collins, 76, Denise

Day, 59, Michelle Amedovski, 41, and Ms Williams.

Mrs Plowman, who lives in a nursing home, had a simple way of summing up their meeting: "It's the best day of my life."

The celebrations will continue tomorrow, when Ms Williams celebrates her first Mother's Day, and Mrs Plowman her 75th.

Mrs Plowman has three children; 16 grandchildren; 65 great grandchildren; 16 great great grandchildren; and now great great great granddaughter Tanika.

"It's going to be a special day," Ms Williams said.

HOW TO TREAT MUM TOMORROW

FREE ACTIVITIES

PICNICS

Royal Botanical Gardens, St Kilda Rd; Fitzroy Botanical Gardens, Clarendon St, Collingwood; St Kilda Botanical Gardens, Blessington St, St Kilda
The picnic is a reliable option for a memorable celebration, minus the stress.

A visit to the Ian Potter Centre to see acclaimed VCE student artwork in the realms of photography, sculpture drawing and painting that is selected from more than 1700 applications is a good free way to spend an artful Mother's Day.

money isn't required to enjoy walking through the atmospheric market.

CREPUSCULAR: THE WILD ANIMALS OF MELBOURNE

City Gallery, 110 Swanston St
A collection of artworks, specimens and artifacts centred on Melbourne's other nightlife — mammals, birds, insects and eels.

TOP ARTS

The Ian Potter Centre: NGV Australia at Federation Square

QUEEN VIC MARKET

Tomorrow, 9am-4pm
Victoria St, North Melbourne
Although some spare change will come in handy,

UNDER \$50

BIKE RIDE ALONG THE YARRA RIVER

Tomorrow, Fed Square
Melbourne Bike Share racks \$38 for a family of four for 90 mins
The Yarra offers a very affordable option of a fancy-free autumn ride.

adults and two children \$55
A satisfying mix at Melbourne Exhibition Centre's Imax screen.

La Mama Theatre: Faraday St, Carlton
\$12, mums enter free; for ages 2-8

Heavily armed with an arsenal of noise-making devices, *The Mudcakes* promise to sing about all things that make motherhood great.

ROYAL BOTANIC GARDENS, CRANBOURNE

Tomorrow, 9am-5pm
Corner of Ballarto Rd and Botanic Drive
Children \$3.40

Massages with varying prices. Children can be conveniently dropped at the activity station to make fragrant bath bombs and eucalyptus oils. Win-win.

HOYTS \$10 MOVIE MATINEE

Tomorrow, check locally for session times
Diary of a Wimpy Kid 2 \$10; \$40 for a family of four
An old-fashioned trip to the cinema is relatively cheap too.

MUDDY MOTHER'S DAY AT LA MAMA

Tomorrow, 11am-2pm

UNDER \$100

LUNA PARK, ST KILDA

Tomorrow, 11am-6pm
Marine Pde, St Kilda
Mums get a free unlimited ride pass when you purchase a child unlimited ride pass (\$31.95).
The scenic railway, G-Force, and the new Coney Island Top Drop of Luna Park are options. If mother has a proclivity towards motion sickness, she can enjoy the mirror maze or the Sky Rider Ferris Wheel.

HORSE AND CARRIAGE RIDE

Tomorrow, noon-10pm
Throughout the city
\$100/30mins
What better way to see the streets of Melbourne's Victorian heritage than by horse and carriage?
Departs from the corner of Little Collins and Swanston streets.

MELBOURNE AQUARIUM (below)

Tomorrow, 9.30am-6pm
Corner of Flinders and King streets
Adult \$33.50; child \$19; family of four \$89.50
White pointer sharks, stingrays, fairy penguins and tropical reef fish, plus champagne breakfast and brunch available for \$60 an adult and \$25 a child.

ESSENDON v WEST COAST

Tomorrow, 1.10pm
Etihad Stadium
Prices starting at \$23.95; \$96 for a family of four
Provided your mum is a fan, the football is an option.



UNDER \$500

WALKING WITH DINOSAURS: THE ARENA SPECTACULAR

Tomorrow, 11am and 3pm
Hisense Arena
Prices starting at \$69.90; \$280 for a family of four
After 65 million years the T Rex is still in its prime.

Mum can enjoy watching the row boats pass in urbane setting.

satisfying than a lavish musical.

GREAT MOSCOW CIRCUS

Tomorrow, noon and 3pm
Epping Plaza
Adult \$42-\$60; junior \$27-\$42; family of four \$120
Mums can enjoy all the classic dare-devil acts and bodily contortions.

THE HOTEL WINDSOR MOTHER'S DAY AFTERNOON TEA

Grand Ballroom, 111 Spring St
Adults \$99; child under 6 \$40; child (7-12) \$60; from \$278 for a family of four
Give the royal wedding a run for its money by picking at three tiered silver stands and a dessert buffet featuring a chocolate fountain and a specially concocted Mother's Day mousse.

STUDLEY PARK BOATHOUSE

Tomorrow, boathouse 9am-5pm, restaurant 11am-3pm
Boathouse Rd, Kew
Restaurant lunch: adult \$82.50; child \$35
Row boat hire: \$22 for 30 mins

ROCK OF AGES MUSICAL

Tomorrow, 2pm and 7pm
Comedy Theatre
Prices start from \$55; \$220 for a family of four
There's nothing more