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The 'little things' are the foundation

Mother's Day always sneaks up on me a little. Not because I forget it's coming, but because it makes me stop and think in a way most days don't.



Patrick Newton

My mind drifts toward where I came from and who helped shape me.

For me, that always comes back to my mom.

I've been lucky. My mom didn't just raise us boys — she was present in all the ways that mattered. She showed up. She volunteered in our classrooms, not because she had extra time to burn, but because she wanted to be part of our lives in a real, hands-on way.

When you are a kid, you do not fully grasp that. You might even roll your eyes once or twice. But looking back, it meant everything. It told us we were worth her time, and that what we were doing mattered.

One of the things that stands out, the older I get, is how she talked about my dad. She made a point of telling my brothers and me, over and over, what a great husband and father he was. She didn't assume we'd just figure it out. She said it out loud.

That shaped us more than we probably realized at the time. It set a standard. It gave us something to measure against, something to aim for in our own lives. As a husband and a father myself, I find myself coming back to that example.

She was also our biggest supporter. No matter what we were chasing or where we thought we were headed, she encouraged us to go for it. Not in a loud or over the top way, but in a steady, consistent way that built confidence over time. She believed in us before we believed in ourselves.

That sticks with me. It carries into adulthood — into the decisions I make and the chances I'm willing to take.

And then there's her personality — the part that you cannot miss. My mom has never been one to sit quietly in the corner. She is the one cracking the dirty

jokes, usually at just the right moment to catch people off guard. And I have always loved that about her. No matter where we are, I have never hesitated to point and say, "Yeah, that's my mom."

There is a lot to be said for someone who is completely comfortable being themselves. It makes the people around them more comfortable too. Usually, 😊.

As I've gotten older, I've started to realize that the little things she did, weren't little at all. They were the foundation. Showing up. Speaking positively about the people she loved. Encouraging us to take chances. Being real and genuine in every setting. Those things add up over time, and they stick.

Mother's Day isn't complicated. It's just a chance to recognize someone who's been in your corner from the very beginning. Someone who put in the time, the energy, and the love without asking for much in return.

If you're lucky enough to still have your mom around, take a minute and tell her what she means to you. Chances are, she's been showing you your whole life. This is just your opportunity to say it back. Happy Mother's Day! ☺