

# Things Your Mother Told You: Reminiscing for Seniors

[Memorylanetherapy.com](http://Memorylanetherapy.com)

As we age, we often find ourselves reminiscing about our childhoods and the things our mothers used to say. These nostalgic phrases not only bring back fond memories but also contain valuable life lessons that have stuck with us throughout the years.

As caregivers in the senior care industry, it's important to encourage seniors to share these memories and pass down their wisdom to future generations. In this blog, we'll explore some of the common phrases our mothers used to say and the valuable life lessons they contain, with a focus on how these memories can benefit seniors in aged care.

---

1. **"If you can't say something nice, don't say anything at all."**

This timeless advice is just as relevant today as it was when your mother first told you. With so much negativity and criticism in the world, it's important to remember to be kind and choose your words carefully. This simple but powerful lesson can have a profound impact on how we interact with others and how they perceive us.

2. **"Treat others how you want to be treated."**

Another classic piece of advice that we've all heard before. But as we get older, it becomes even more important to remember. We never know what someone else is going through, and a little bit of kindness can go a long way. By treating others with respect and empathy, we create a better world for everyone.

3. **"Money doesn't grow on trees."**

This one may have caused a few eye rolls when we were younger, but as adults, we know just how true it is. Financial responsibility is a crucial part of adulthood, and it all starts with understanding that money is a finite resource. By living within our means and making smart financial decisions, we can set ourselves up for a more stable and secure future.

4. **"Always be yourself."**

In a world that often pressures us to conform, it's important to remember to stay true to ourselves. Your mother likely encouraged you to be your authentic self and to never apologize for who you are. Embracing our uniqueness and individuality is a key part of living a fulfilling and meaningful life.

5. **"Actions speak louder than words."**

Your mother may have taught you the importance of following through on your promises and showing up for others. Whether it's a small gesture of kindness or a grand gesture of love, our actions have the power to make a real difference in the world around us.

6. **"If something is worth doing, it's worth doing well"**

This is a classic phrase that many of us have heard throughout our lives. It's a reminder that if we're going to do something, we should put in our best effort and do it to the best of our abilities.

7. **"Don't pull that face, if the wind changes you'll stay like that!"**

This was a common phrase used when we were making faces or sticking our tongues out. It was a playful way for our mothers to remind us to be mindful of our actions.

8. **"Just you wait and see"**

This phrase was often used when we were eagerly waiting for something to happen. Our mothers would use it to encourage us to be patient and to remind us that good things come to those who wait.

9. **"If someone told you to jump off a cliff would you?"**

This is a phrase that our mothers used to warn us about peer pressure. It's a reminder that we should always think for ourselves and not blindly follow others.

10. **"Were you born in a barn?"**

This phrase was often used when we forgot to close a door or left a mess behind us. It was a playful way for our mothers to

remind us to be mindful of our surroundings.

11. **"There's no such word as can't"**

This phrase was often used to encourage us to try our best and not give up too easily. It's a reminder that with determination and hard work, anything is possible.

12. **"Eat your crusts and you'll get curly hair"**

This was a playful way for our mothers to encourage us to eat our crusts. Although it's not true that eating crusts will give you curly hair, it's a reminder that we should always try new things and not be afraid to step outside of our comfort zones.

13. **"Do as I say, not as I do"**

This is a phrase that our mothers used when they wanted us to follow their advice, even if they didn't always practice what they preached. It's a reminder that our mothers always had our best interests at heart.

14. **"Because I said so"**

This is a phrase that many of us heard when we were growing up and questioning our mothers' decisions. Although it may have seemed like a simple answer at the time, it's a reminder that our mothers were the authority figures in our lives and we should trust them.

15. **"Tidy your room, or else you're not going out"**

This was a playful way for our mothers to encourage us to keep our rooms tidy. It was a reminder that we should always take pride in our surroundings and respect our living spaces.

16. **"I'll count to ten"**

This was often used as a warning when we were misbehaving. It was a reminder that there were consequences to our actions and we should always try to behave in a respectful manner. As we grow older, we may no longer need to be counted to ten, but the lesson still applies. We should always think before we act and be mindful of how our actions may impact others.

**For more fun Activities for Seniors visit**  
**[Memorylanetherapy.com](http://Memorylanetherapy.com)**