

Mother's Day in Italy  
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## **Auguri! Buona Festa della Mamma!**

*1. Many say that Italian Mother's Day originated with the ancient Greeks and Romans.*

According to [Ciao Italia](#), this tradition was originally a spring fertility ritual to honor the goddess Rhea, mother of all the gods. Rhea was the mother of Romulus and Remus who, according to ancient legend, were the founders of Rome.

Over time, **Festa della Mamma** has evolved into a day to celebrate the mothers of Italy with flowers, cards and, of course, her favorite dishes!

*2. Just like Mother's day in the United States, Festa Della Mamma is celebrated the second Sunday in May with great enthusiasm and warmth, reflecting the country's deep-rooted family values and traditions.*

Families come together to celebrate and honor their mothers (**mamme**), grandmothers (**nonne**) and other maternal figures (**figure materne**).

The first Italian's Mother's Day was celebrated in 1957, 50 years after the tradition began in the United States. However, Italians say that it was a parish priest in the hillside town of Assisi, in Central Italy's Umbria region, that began this wonderful day.

The celebration was such a success that one year later, Festa della Mamma was adopted across Italy's 20 regions. A well-deserved tribute to the hard-working mothers of Italy! However, Festa della Mamma is not an official holiday in Italy.

*3. Gifts, flowers, homemade cards and poetry are a big part of Festa Della Mamma. Moms all over the world love creative gifts from their kids, and Italian mamas are no different.*

Just like in many other cultures, Italians show their love and appreciation for their mothers by presenting them with gifts (**regali**) and flowers (**fiori**). To express your love and gratitude to your mother or other special women in your life, it's customary to give a bouquet of flowers (**bouquet di fiori or mazzo di fiori**),

Popular Mother's Day presents in Italy include chocolates (**cioccolatini**), perfumes (**profumi**), jewelry (**gioielli**), and spa treatments (**trattamenti di bellezza**).

*4. Festa Della Mamma usually starts with a simple breakfast and ends with a sweet treat. Festa della Mamma has become the most popular day of the year to eat out!*

A typical Italian Mother's Day celebration includes a festive meal with traditional Italian dishes, either at home (**a casa**) or at a favorite restaurant (**al ristorante**). Many Italians take the opportunity to cook their mother's favorite dishes or bake a special dessert, like a heart-shaped cake (**torta a forma di cuore**) or a traditional Italian dessert like **tiramisu**.

On Festa della Mamma, mom is not allowed to do any housework or cooking on her special day! The occasion begins with fresh pastries and coffee, coupled with flowers and poems the children created at school.