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A number of countries across the globe devote one day out of the year to that most special of roles: motherhood. On this day, every mother - from relatively new moms to grandmothers in their late years of life- is celebrated for her contribution to her family and the greater society as a whole. The notion of a mother's love is one that dates back to ancient civilisations, and famous figures throughout history - from Abraham Lincoln to Michael Jordan - have credited their mother with helping them achieve their successes. If you're wondering how to celebrate Mother's Day this year, this message of appreciation can be your guide.

Mother's Day in Australia takes place on every second Sunday in May, the same date as the US Mother's Day but different from the UK equivalent, which takes place on the fourth Sunday of Lent. Though Australians celebrate the holiday in a range of ways, a recent online poll reveals the most popular ways people honour the occasion.

According to the poll, one of the most common ways in which Australians celebrate Mother's Day is by spending time with their mom and the rest of their immediate family, with 25% of respondents saying they celebrate in this way. Similarly, a significant portion of survey respondents (23%) said that they call their mom on Mother's Day- perhaps since they live too far away to see her in person. As children grow up, become adults and start families of their own, it's not uncommon for them to move away from their childhood home - particularly in a country as large as Australia. In fact, 21.5% of respondents said they either live in a different country or a different state than their mother.

Since everybody celebrates Mother's Day in his or her own unique way, there isn't a particular expectation for how much people should spend on a Mother's Day gift. However, online surveys reveal that 14% spend \$21-\$30, 8% spend \$31-\$40, 14% spend \$41-\$50 and 16% spend \$51-\$100. The largest portion of respondents (26%), however, said that their Mother's Day gift usually has no monetary value. For those wishing to get their mother a bouquet of flowers to show their appreciation, the chrysanthemum is the traditional flower given to Australian "mums" for the occasion.

Thus, whether you plan to splash out on a fancy gift for your mother or simply plan to spend some quality time with her, there is no set way to celebrate Mother's Day in Australia. In fact, adding a bit of creativity to your Mother's Day celebration may make it even more special.

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