

THE LAZY PARENT

PARENTING – SIMPLIFIED

JANUARY 2023 EDITION | NO. 2

THE
Lazy

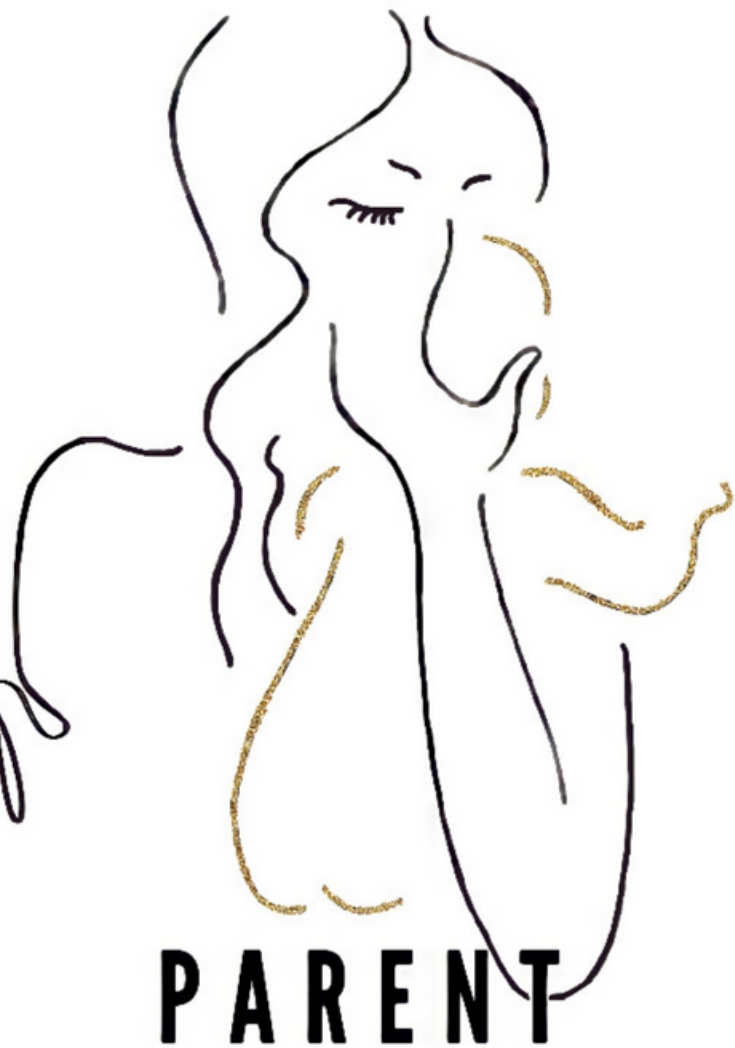


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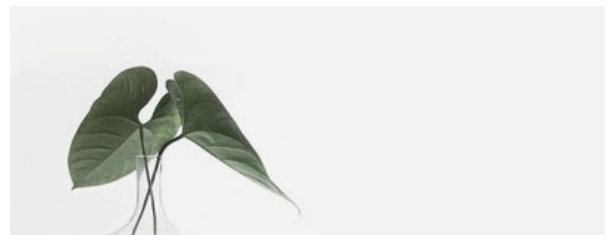


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THELAZYPARENT.COM.AU

to download our current issue



WELCOME I'M SO GLAD YOU'RE HERE

I know parents aren't meant to have favourites, but I feel like this edition is my favourite baby to date! The dream behind this publication is to bring you a free monthly resource with a wide range of areas relating to our parenting lives. I feel we have an amazing array of contributors for you this month and I am beyond grateful for everyone for sharing with you all and I cannot wait for you to read what's to come on the following pages

A new year brings us a new set of opportunities and a chance to re-evaluate where we are and where we would like to be. I hope our amazing sharers will allow you the gift of perspective while also equipping you with strategies to be the you you want to be

It's easy to lose track of us when we parent, I feel this edition will equip you with practical and supportive ways to reconnect with you and allow yourself the space to do so. We owe it to ourselves and our children to be the greatest versions of ourselves we can be, we deserve to step into happiness and genuinely know we deserve it

I am beyond grateful for another month with you all and I cannot wait for many more to come

It's easy to feel like we need to change or become something new at the start of each year, we can fall in (at times) a deficit mindset of what we've done wrong and need to change.

As the start of a new year is upon us, I hope you can allow yourself space to reflect on what you have done well in this last year, and use that as a foundation to grow from, change is great but it shouldn't be our main focus, we need to appreciate who we are, how we got here and use that as our positive platform for continued growth



MONTHLY AFFIRMATION

MY PAST
DOES NOT
DEFINE MY

Future

@_THELAZYPARENT

Affirmations are a great way to focus on our subconscious language and choose to reframe our thoughts to that of a positive nature. This is an important habit to set for both ourselves and our children. Each month we will share a new thought for you and your little ones to focus on.

It helps to pick a certain time of day to practice, either repeating to yourself, with your child or even talking to your reflection



BEGIN WHERE YOU ARE

CARLA – RENYOU COUNSELLING & WELLBEING

So here we are, a brand-new year ahead of us, welcome to 2023!

If you're anything like me, you may have wondered if you would make it out of 2022 with everything intact. Great news, we made it!

You made it through the festive season, the food, the social events, work closures for some, the family interactions, or not, now what?

Have you promised yourself that this is the year you are going to do things differently, create some kind of change, make some goals, follow your dreams, do that thing? Does that little voice in your head immediately say, "Oh yeah, another New Year's Resolution...that's always worked out well...I give it two days". Yeah, I've heard that voice too.

We could probably all put together an endless list in 30 seconds, off the top of our heads, detailing numerous personal 'deficits' or 'failings' we think we have, or we need to start changing. It might just be this same lens we have used each and every other time, and it hasn't worked out how we wanted it to.

So, how do we create positive change for ourselves? Let's have a look and consider some things together...

1.Start where you are with what you have now.

How often have you thought, when this happens or that happens then I can _____.
Or, if only I had this or that then I could_____.

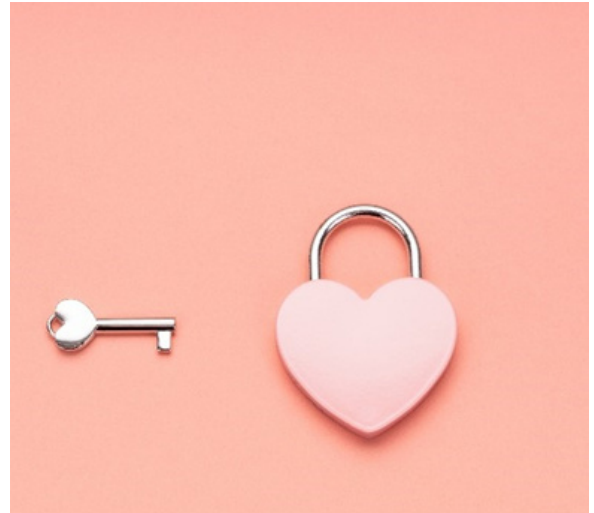
What are you stuck waiting for? What limits have you chosen to place upon your own happiness? What 'perfect condition' have you placed in your way?

The truth is, you are perfectly positioned right now to choose to begin creating positive change in your life.

2. Perspective shift.

Awareness is the key. You are with you 24/7.
What are you telling yourself?
Let's look at the who, what, why, where, when.

Who are you wanting to create change for?
Whose voice or opinion are you influenced by? Please refer to the December edition of The Lazy Parent Magazine, article 'Honouring our boundaries'. When we choose to be 'the best version of ourselves' we can be, we can't lose.



What are you wanting to change? Is it 'conditional' such as losing weight, this leaves us open to possible 'failure', disappointment or guilt. Alternatively, striving to 'be more healthy' allows the space and flexibility for the inevitable ebb and flow of life and can be successfully achieved in so many different ways, like walking, drinking more water, resting our body or the joy of having a go on the swing at the park.

Why are you wanting to create these changes? If we do things because we feel we 'have to' we will not enjoy the process and it will be more difficult to achieve. If we do the things that fill us with joy, we are likely to look forward to following through and thereby see great results.

Where are you wanting to end up? Start with the end in mind. How will you know you have arrived at where you wanted to be? What will it look like for you? What will it feel like for you?

When are you looking to make positive changes? Are you waiting for a certain set of circumstances before you begin? Sometimes this is needed, but sometimes it isn't. Are you avoiding beginning something, or do you legitimately need to wait?

3..Clear focus –

Ask yourself, does this support the life I'm trying to create...

Every intention sets energy in motion whether you are conscious of it or not....

Focus upon what you DO want, not what you don't want.



4. Break it down –

Our goals are generally a piece of a larger life dream. However high you are planning to reach, whatever the end goal, however spectacular the dream, you can start towards achieving and obtaining it right now. Small steps towards a goal or change are often manageable, now.

5. Lists –

Ok, so, this can be quite a divisional matter! When it comes to making lists, some people thrive, and some people despise! You do you. Hear me out for a minute, making a short list of the small steps towards a goal can be a huge motivational boost. The satisfaction of placing a big tick next to the items on the list as you do them, or at the end of the day as you reflect on what you have achieved, this can be satisfying and feel purposeful. Small 'wins' like this can be tangible 'evidence' to ourselves that we have accomplished part of the larger goal or dream we are reaching for, it keeps the dream alive every day.

6 .Adaptability –

Being flexible and adaptable is important because although we may be laser focussed on the end point and we may have an idea or plan of how we think we might get there, as we start along the journey of creating change, we are likely to uncover other options we had not thought of. There are often many routes that can lead to the same or similar outcome.



When we are enjoying what we are doing, and it fills us up there is an exciting energy that allows us to be open to great things. This allows us to feel good about ourselves and to want more of that. So, allowing, accepting, being flexible and adapting to the new creative solutions that come to you along your journey of change can often lead to 'better than expected' outcomes.

So, choose to set yourself up to succeed, show up for yourself, back yourself, allow yourself to be guided towards the 'better than expected' version of whatever your goal or dream might be, start now, take small daily steps. Most of all, know you deserve to be the best version of yourself you can be. NOW is the time to shine your individual and unique self brightly.

The choice to create change is in your hands, how are you choosing to grow...



Carla :)

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UNLEARNING BUSYNESS

by Kim Sheppard

Many of us have learnt to be busy from either observing our parents being busy or perhaps feeling the pressure from society that it is trendy to be busy.

The truth is, eventually we will end up with adrenal fatigue, which can then lead to fibromyalgia and other diagnosis' that may be easily prevented if we learn to slow down and do less.

But for most of us, it is easier said than done.

Our mind becomes addicted to the busyness and then it struggles to relax.

Symptoms start to present like insomnia, fatigue, exhaustion, brain fog, sugar cravings, achy joints, thyroid issues, headaches, caffeine addiction, bloating, constipation, diarrhoea, hormonal imbalances, fertility issues and so much more!

So how do we learn to slow down?

We need to find our spark, our why, that thing in life that encourages us to take better care of ourselves.

Many parents won't choose to look after themselves for themselves, but they often will choose to do it for their children.

So I encourage parents to think about the lessons and behaviours they learnt from their parents and do they want to pass this behaviour on to their children?

For instance...

Quite often an anxious child, has an anxious parent and an anxious grandparent. A work-a-holic adult, had at least one work-a-holic parent.

Children learn just as much from our actions as they do from what we say.

So we need to model the behaviour we want to teach them.



Image One: My daughter at 5 years old pausing to do some yoga asanas.

If you are a potterer or struggle to sit down to watch a movie because you either fall asleep or you can't help but get up to clean, try a few yoga classes.

There are many styles of yoga, so you need to find the right teacher and the right style of yoga for you.

I teach hatha vinyasa which is fantastic at releasing physical, mental and emotional tension. You move around enough to prevent boredom but not so much that you can't keep up.

I encourage people to get out of their head and back into their body. To listen to their bodies innate ability to communicate to let you know when you are tired so you can slow down before you burn out.

I encourage people to pause and breathe. To learn how to let go of self-imposed expectations and guilt so we can enjoy rediscovering ourselves and learning how to thrive and enjoy life.

Often we need to let go of the idea for how we think life should look and just accept the present moment for where we are.

When our children observe us looking after ourselves we are planting a seed of inspiration and hope. If our children see us pausing life to take care of ourselves, they will have a greater chance of doing a better job of taking care of themselves when they are an adult.

Yoga often supports us to realize that what frustrates us most in life is a reflection of how we feel on the inside. If we are frustrated by something our parent does, we often mimic the same behaviour because we learnt from observing them. (Even though we have tried our very best to ensure we don't turn out just like them.) So take this moment to pause and take a deep belly breath.

Place your hands on your belly with your fingers just touching. As you inhale feel your breath expand your belly and your fingertips coming apart slightly. Allow the breath to then rise all the way up to your collar bones. As you exhale feel your shoulders relax and your fingertips come back together again.

If you don't feel your belly moving initially, that is okay. With practise it becomes more natural and you will start to feel the benefits.



Image Two: Belly Breath

By expanding the diaphragm this will not only help to reduce stress, anxiety, pressure and overwhelm. It will also help with lower back pain and digestive issues. This is how simple it can be to disconnect from the busyness for a moment. We just need to remember to pause often. To check in with our breath often.

Everything in life is about balance. What we think about or overthink about the most is where we are directing our energy.

Is this where we want to be spending our life or do we need to learn to slow down so we can eat healthier, spend more time with our children and loved ones, improve our sleep or work on our mental health?

We need to relearn how to have fun and feel peace in our mind and body every day.

Our body is designed to thrive and when in the right environment it will.

Get out of your head, ignore your excuses and give something new a go. Your mind and body will thank you.

If you need support reach out.

Love & light

Kim Sheppard BHSc (Nat) J.P. (C.dec)
Bachelor of Health Science as a Naturopath
Yoga Teacher
Reiki Master
Australian Bush Flower Essence Practitioner
Advanced Psychic Medium
Crystal Practitioner
Spiritual Teacher
Commissioner of Declarations
Holistic Counselling student



Kim also offers her supports online, if you would prefer to access zoom please just contact her via facebook or email for the zoom link.



Greetings!

Firstly I'd like to acknowledge the traditional custodians of this land on which we work and live, the people of the nation and recognize their continued connection to land, water and community.

I pay respect to the elders past, present and emerging.

I'm Rosa a proud Maori wahine(woman) wife, mama, new grandmama, creator, entrepreneur, holistic herbalist/Personal trainer currently working with clients out of Breathe Health Clubs in Morayfield

My mission is to educate people on the advanced machine that is the human body and its ability to heal through movement, good Nutrition and simple lifestyle changes. I value our connection to nature, the elements and our ability to live, be sustained and healed by them.

With a fresh new year in sight, I thought it fitting to share some quick and easy tips to nourish your mind and body and level up your health instantly!

My deepest thankyou to Ahlia for reaching out to me to be apart of this month's edition. It means so much that I can share my knowledge and passion for true health with this community and those willing to improve their body and thought hygiene especially during these challenging times in which we all live.

May this be of service to you x

Rosa

5 tips to nourish mind & body instantly

1. Water- I know boring.. But did you know? Dehydration is one of the leading causes of brain related disease & premature ageing. Water nourishes on a cellular level and has the power to restore, revitalize, detoxify and heal. Aim for at least 2litres of spring or the best quality you can get, daily.

2. Multivitamins- Life's hectic! So getting the proper nutrition from food alone isn't easy. I like to think of a multivitamin as a back-up. Not only are they packed with vitamins & minerals essential for mental clarity & bodily functions it's also a super quick and easy way to boost your nutritional intake and vitality.



ROSA.HOLISTICPT

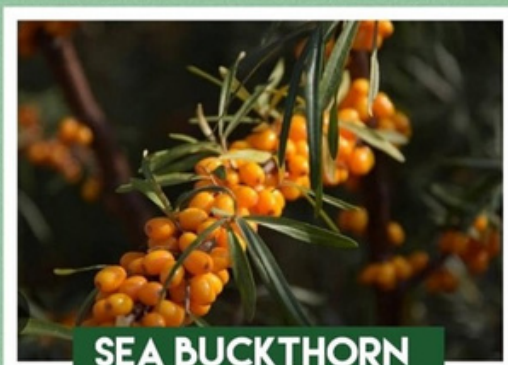


CHLORELLA

*Natures
Multivitamins*



MORINGA



SEA BUCKTHORN

ROSA.HOLISTICPT

3. Walk barefoot in nature-3in1 package here cause if you're lucky enough to be walking outdoors you'll no doubt be soaking up our suns ever-giving, nutritious vitamin D + burning calories. Walking barefoot stretches and strengthens muscles, tendons, joint & ligaments in the feet, Ankles and calves think Free reflexology ☺ which can improve posture.



4. Mindful breathing- Our breath, apart from keeping us alive, is the bridge between the mind (formless) and the body (form) in this way it is very powerful. Deep conscious breathing helps you better connect with your body while increasing oxygen flow which is known to boost mood, reduce anxiety and activate greater states of consciousness and creativity.

5. Practice gratitude- With gifting season coming to a close and a new year ahead, I like to reflect on all that I'm grateful for especially the things that have no monetary value. Journal or take note of personal and family achievements, smiles, laughs, time with loved ones... Gratitude transforms any situation, it alters your vibration and is the quickest, easiest most powerful way to affect change in your life!



After starting my own post partum weightloss journey in 2016 and shedding 30+kgs I realised the life-transforming power of consistent training and good nutrition.

My passion then developed and I became a certified trainer and nutritionist by 2018 solely to share my knowledge and experience with others and help them embark on their own transformational journeys.

With a background in holistic herbalism I offer herbal remedy advice with all sessions for general health and wellbeing. Creating a safe space where clients can breakdown barriers and gain complete confidence within themselves to become their best and healthiest version is #1 priority.

Qualifications

Cert 3 & 4 fitness
CPR+Firstaid
Diploma in nutrition
Level 1 boxing coach
Holistic herbalism practitioner

Specialising In

Weightloss
Women's / Post-partum health
Functional training
Boxing
Natural remedy advice



MONEY HEALTH

The Lazy Parent

- *Please note* - we are not financial experts - just a parent that knows the pressure of juggling children, bills and keeping our heads above water. Think of the below as a conversation with a friend when you are trying to recover from the financial tsunami that is December, for so many of us. We encourage you to consult a financial expert for more accurate best practice supports to suit you and those you are caring for.



The new year often brings a ripple effect of issues. We may be recovering from travel, changes to routine, emotional and financial fallout

Attached is a budgeting template for you to use. Planning can be key to getting back on track to your financial freedom, it's important to be aware of what is coming up so we can plan. Take time to think what do you have coming up? Birthdays, car registrations, insurances, streaming sites. Make a list of what's coming up so we can prepare and plan for it. The below template can be used monthly but as always, I won't gate keep, use it for the whole year instead if you'd prefer - do you boo.

Often the hardest part is starting, it can feel overwhelming to reclaim your relationship with finances, and that is normal, start small and remember the experts are there to be used!

INCOMES & EXPENSES

MONTH OF

DATE	INCOME	CATEGORY	AMOUNT
			TOTAL

DATE	EXPENSE	CATEGORY	AMOUNT
			TOTAL

CLOUD DOUGH

RECIPE

2 MINS
2 INGREDIENTS



Cloud dough is great for building fine motor skills as children develop strength in their tiny hands and fingers for fine motor movements.

It's calming, fosters creativity and fun for children of all ages.

CLOUD DOUGH

Fluffy, super soft, easy and inexpensive dough that the kids will love.
No-cook and gluten-free! Great for kids who have sensitive skin.
It offers a unique sensory experience that is definitely worth trying at least once

Ingredients:

2 heaping cups corn flour
1 cup conditioner (scented or unscented)
Food colouring (optional)

Method:

1. If you're using colour, mix the food colouring and conditioner in a large mixing bowl.
2. Add the corn flour and mix with a spoon or spatula.
3. When your ingredients are well combined, use your hands to finish kneading the dough together.
5. It should be ready for some great sensory play!

Note:

If your dough is too wet or sticky, add more corn flour.
If your dough is too dry or crumbly, add more conditioner.

We would love to hear how you go making it - please share or tag us in your play.

Follow us on Instagram and Facebook @sensoryplaypacksandparties or head to our website for more information on sensory play:
www.sensoryplaypacksandparties.com.au

Full disclaimer - this one is NOT taste-safe and isn't a dough that lasts as long as regular play dough.

I usually make a new batch of regular coloured play dough every few months or so but it's also good to have this recipe on hand when I don't have the time or energy to make a big batch but need something NOW. The kids absolutely love making this with me and it only takes a few minutes with a few ingredients!

You can also use baby lotion instead of conditioner if you wish.

If your cloud dough dries out before use or in between uses, massage some more conditioner/lotion to make it soft and malleable again.



Easy One Tray Fajitas

Looking for fast, easy and affordable?

The incredible Lisa from @hanging.with.the.henrys has the perfect recipes for you

Easy One Tray Fajitas

1 red capsicum
1 green capsicum
1 large onion
1 large chicken breast
Wraps
Taco seasoning

1. Slice the ingredients evenly and place on your lined baking tray.
2. Liberally sprinkle taco seasoning over the top.
3. Cook in oven at 180•c for around 30minutes or until chicken is cooked.
4. Stir if needed during the cooking process.
5. Place ingredients into wrap and enjoy.

You can also add sour cream, salsa or grated cheese in your wraps if desired.



In this month's parenting spotlight, we were lucky enough to speak with the incredible Tracey from Golden Sundays. Not only do we get to share space with her, but she has also put together a wonderful morning and nighttime routine templates for you to use!

**Parenting
Spotlight**



Tracey, I'll be honest I'm a little bit in love with your 'Golden Sundays' brand, can you give us an idea of what it is?

Thank you so much! My passion for capturing family memories is what led me to start Golden Sundays Photography. My new brand 'The Sunday Club' is a space to share and sell my fine art prints, mostly shot on film. I'm really inspired by the urban streets of my home on the Gold Coast, and I love the nostalgic feel when capturing them on film.

At The Lazy Parent we love the idea of one-of-a-kind gifts, and you are the business for that! What would be your favourite gift from your 'The Sunday Club' range?

Any of the art prints would be a fantastic option and they are all certainly one of a kind. There is quite a range to suit any style. One of my personal favourites would have to be the 'Aloha Surf' print. Anything purchased from my store is printed and framed locally on the Gold Coast, so you have the added benefit of supporting small.



Your photography is incredible, do you have a favourite thing to shoot?

My favourite thing to shoot changes all the time! At the moment I am loving being more creative with my locations, I recently shot a family session at the Currumbin Valley rock pools here on the Gold Coast and it was so beautiful. I just love it when families are happy to be themselves with me, the images are always so raw and real.

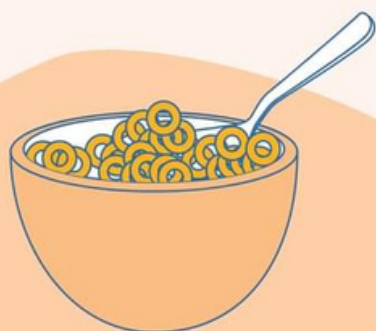
Can you explain the piece you shared with us?

'Aloha Surf' was shot on 35mm film, I spotted the old hotel with mismatched chairs lined up out the front, while out on a walk one day and new it would make a great piece of art, I waited for a car to drive past before taking my shot to add a little bit more of something to the picture.

How can we be following along with everything your constantly creating and get in touch?

My website has a ton of info www.goldensundaysphotography.com.au and I share a lot of what I do daily on Instagram, @goldensundaysphotography and @thesundayclub.gc





EAT BREAKFAST



MAKE BED



PACK BAG

MORNING ROUTINE

FOR BIG SCHOOL



GET DRESSED



SHOES ON



BRUSH TEETH

NIGHT TIME ROUTINE



Unpack bag +
homework



Bath



Dinner



Brush teeth



Read a book +
go to sleep



IT'S NOT GOODBYE, IT'S SEE YOU SOON

Thank you all for being here and our amazing contributors for sharing their expertise and knowledge, this would not be possible without you all

Our goal at the lazy parent is to decrease isolation and increase ways and feelings of connection. Providing you a free and accessible resource at your fingertips monthly covering the things that matter

This space is largely compiled by parents for parents, if you have a topic you would like to see covered or alternatively would like to contribute please email thelazyparent@outlook.com

Our Contributors

Everyone you have read here has provided this knowledge for no other reason than to ensure you are supported and have access to resources, feel free to follow them to stay up to date and informed

Are you on our mailing list yet?

Make sure you have signed up to our mailing list at thelazyparent.com.au to make sure you dont miss a thing

The Lazy Parent

Did you know we provide one on one support, group work and service consultancy and support. For more information please visit us at our socials IG @_thelazyparent FB @thelazyparent or our website thelazyparent.com.au