# THE LAZY PARENT

PARENTING - SIMPLIFIED

FEBRUARY 2023 EDITION | NO. 3



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# WELCOME I'M SO GLAD YOU'RE HERE

There's a radical notion when it comes to raising children that we can quickly lose sight of ourselves, this varies for many reasons some of us lose ourselves while others find who we have always wanted to be. Either way it is common to forget to prioritise our own needs, when our minds become fuller with more tasks.

Simply put though, we need to make space for us to allow us to continue making space for others.

What this looks like for us all may vary, is it a doctor's appointment you've been putting off, or simply drinking more water, have you allowed yourself space for joy and to enjoy? When was the last time you read just for you and your interests, or played your favourite song really loudly?

These are what allow us to be the people we want to be, and the bonus is we get to role model that for the little people we love, showing them what a life of happiness can look like, that joy is to be normalised and radicalised, that we and they are deserving of all the good things we can dream.

I hope you can find space to allow yourself to remember what you love, then have the courage to do it, and that this edition may offer you some tips as to how. While self-care may often feel performative, especially in such a social media fueled society it is imperative to have tips and tricks to find ways that nourish and replenish you.

Sometimes this can be as simple as focusing on your breathing.

Stop, for a moment, focus on your breathe, in and then out, can you feel your stomach rise and fall? Maybe you are feeling your lungs fill with air?

We are all likely to choose a different focus area but by starting small it can allow us to form a regular habit of beginning to get back in touch with us!



## MONTHLY AFFIRMATION

deserving of happiness -xoxo

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



### THE POWER OF LOVE

**CARLA - RENYOU COUNSELLING & WELLBEING** 

February is known as the 'month of Love' with Valentines Day being a focus for the masses. This may or may not be true for you or a focus for you, maybe it is.

This month presents the opportunity for us to build upon the December and January articles in The Lazy Parent Magazine, 'Honouring our boundaries' and 'Begin where you're at'.

You might have had a look at who the important people are in your life, those people who are genuinely supportive of you and wish you true happiness. You may have also considered how you are wanting to grow yourself and the small steps you can begin to take now towards being your best version of self. These things are important to review regularly, as they can guide us to small changes and adjustments towards happiness, wholeness, joy and feeling purposeful. Sounds great right ©



We can find love in several ways;

Through the love of a romantic partner, the love of good friends, the love of our supportive family members (be they blood or self-selected), the love found in our pets, and the love of our children.

Here's a reality though, as parents, we can become self-sacrificing, giving our all to our children, because we love them so much. Let's be honest, this can be truly exhausting, leaving us feeling tired, depleted, emotionally, mentally and physically drained.

Truth: Our child's parent is the most important person in the Universe to them. So, why would we not do all we can to look after such an important and precious person, for our child/ren.

#### What's the point?

You matter. You are the pivotal element in your life's journey, so, it makes sense to start there right.



Self-love is found in self-respect, knowing you are deserving, backing yourself, investing in yourself. Often we are taught that to focus upon our own needs means we are selfish. However, to care for and nurture ourselves, actually allows us to have enough to give to others, and shows others they can do the same for themselves.



What you think and how you feel about yourself matters. Self-love is really important. Self-love is about 'filling your cup'.

Self-love can be the magical force that can turn that hobby you enjoy into a meaningful and purposeful way of making you the money required to live your best life with those you care about.

It doesn't need to be complicated or expensive, remember, start where you're at with what you have, small steps are the key to creating the greatest changes.

Once you have harnessed the power of Self-love, you will shine brighter, and when you shine brighter, your light can then be shared with your loved ones.

With such a renewed sense of self and vitality, you could then begin sharing your wisdom abouts acts of Self-love and kindness to your communities, they will want the same light, the same joy, happiness, fulfillment and love for themselves too. Imagine, if we were each living through a Self-love lens, to create change in the world through the Power of Love of Self.

I believe we all deserve that.

What steps towards Self Love will you be making?



Get your hands in the dirt (gardening) Eat breakfast, Eat fresh foods. Be in nature, Journal, Read a book, Enrol in that course, Write that list, Sit in silence with a cuppa, Do some colouring-in, Allow the sun to shine upon your face, Sit under a tree, Meditate, Greet the sunrise, Walk along the beach, Take a deep breath, Lay in the hammock, Drink some water, Use moisturiser, Take a bubble bath,

Watch a funny movie,
Light a candle,
Allow yourself to dream big,
Most importantly
love all of who you are.



Carla:)
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Did you know Carla also offers discounts on sessions either online or in person when you quote the title of her lazy parent article upon booking, get in touch today to discuss support options!

#### CONSENT AND KIDS

The Lazy Parent

I hear it so often, how do we teach our kids consent?

And the answer is, easily - we role model it

For years I was involved in running programs teaching consent to young people, but here's the sad reality, by the time we are teaching our kids consent, it's unfortunately passed the age for retention or even worse, they have already been impacted in situations involving consent not being respected...

So, how do we teach consent, and when do we start? In our home, consent starts from the beginning, we provide safe space for body autonomy, we allow choice and respect it

Like most parents, I think my children are the most fabulous and special in the world, I love nothing more than cuddling up and hearing about how they feel their little lives are going, and this is where consent comes in, while I would love a good snuggle I always ask, and this language doesn't need to be professional and robotic, just a simple hey buddy do you feel like a hug? Sometimes it's yes, and sometimes to my mamas hearts disdain it's a no, and that's where consent kicks in, it's an OK, there's no ohhhh why not, no body or verbal language implying manipulation, no but I'd be so happy if you did, it's a question, then respecting an answer even when we don't want to. You see it's those small moments where our children learn the most from us, they see our reaction and our response, and we provide that base line for them.

Think about it, we are their main source of learning, we are (hopefully) an inspiration and guiding force, so in their formative years if we teach manipulation and coercion, even if it's so slightly, that behaviour becomes normalised, whether we want to admit that or not

The easiest way for a child to learn is to see a behaviour consistently shown to them

We need to role model to our children the behaviour we want to instil in them, we want our boys to be comfortable in hearing "no" and our girls comfortable saying it

The added bonus from this, It sets up any affection as more meaningful because they wanting to hug or high five you, they are making a choice of expression not being forced to do something they are uncomfortable with & that will hopefully be a base & understanding for their relationships to come

# JELLY SLIME

### **RECIPE**



How To Make The Perfect Edible, Scented Oobleck Your Kids Will Love



#### JELLY SLIME

If you've banned slime from your house, hear me out. This isn't like bought slime... it's a fantastic scented sensory base and is totally taste-safe for the smallest of children!

This slime comes together very quickly, which is helpful when you have eager kids. And they can totally help make it (adding to the sensory fun).

#### **Ingredients:**

#### **Method:**

1 box regular jelly (choose your favourite scent/flavour) 1 cup corn flour 10 tablespoons water

- 1. Stir the jelly and corn flour together in a large mixing bowl until well combined.
- 2. Slowly add water, one tablespoon at a time. You will reach the perfect consistency when it reaches a texture where it starts to offer resistance, but behaves like a liquid when you stop applying pressure to it.
- 3. It should be ready for some great sensory play! Slime 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.

#### 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





#### Let's talk school lunches!!!

This is a slippery slope that can equally be akin to the daily dinner time dread if we are not careful. An easy way we found to combat this (for now) was to brainstorm a list of favourite foods. It's not exhaustive but it's a great way to think of simple and healthy meal choices when needed.



Do you have some great lunch box ideas?

In this month's parenting spotlight, we were lucky enough to speak with an incredible mama who gets honest about what re finding ourself can be like, and the often extremes we have to go to to find our bliss. She shares in a way that is both honest but heartwarming and hilarious.

Thank you for your honesty Jacinta



I just moved from a town I grew up in and over the past few years I began to resent it. Not the place itself, but it's the same old people, doing the same old things, bored, ever changing but not in a way that appealed to me. I wanted more for myself. I want to go to Harry Styles concerts and perv on Dustin martin on the field. No like, up close.

I've raised my kids mostly alone and I'm so sick of going to the same parks, same parties, same little petting zoo, with chlamydia koalas and a kangaroo. What's worse is seeing every person you know at the exact same places and events. You're now forced to acknowledge them and even speak to them because oh GREAT, our kids are playing together now. Didn't we hate each other in school? Didn't you sleep with my boyfriend, or did I sleep with yours? Now we've gotta tag each other in our kid's birthday party pictures. Please don't upload my double chin. I don't care though, because like Kylie & Robbie, I'm doin' it for the kids. Maybe it was just me miserable and ready for a new chapter. Ready to back door it.

So, I saved, literally forced my mother to become in charge of my finances so I could achieve more, quickly. She's a saint for putting up with me nagging her for my own money that I asked her to save for me begging for KFC on a Saturday. She's also good at budgeting. Unlike me. She's Rain man

#### Goodbye porpoise spit!

I moved. Through a breakup – Hello darkness my old friend. Four and half hours north. Where I only know my brother. I didn't care, that's perfection, right? Not knowing a soul? Amazing journey for me. It's a new beginning and I have no idea what I'm going to do but I wing it every time and generally that has worked for me in the past. I think? I'm extremely adaptable and can make it work and I am extremely good at turning it on, most women are. We can sob to Taylor Swift in the car, get out and get shit done. Give us an Oscar honestly. Actually, give it to my ex. Am I the drama?

The day I moved was honestly, so exciting, Kim K cry face excited. The new house was set up before the days end. I have issues, I'm so aware. The house is beautiful, bigger, ours. The weather is beautiful, not a familiar face in sight, the kids got the days they needed at day-care and after school care and every little thing is gonna be alright. I'm going be whoever I want to be and be a whole new person in this new place and get to know myself. Can I pull off a new look? No, will I try, also no.

But what if you don't know who you are? What if all your close friends have lives and partners and new babies and even though they had moved away, now that I wasn't 'home' they felt further away.

What if I go to the new local corner store and I don't recognise the guy behind the counter enough to even share a knowing smile or make a dumb comment about your day. Ask them if they've been busy, its nothing but its everything when its gone. Familiarity.

What if I know no one. Including myself.

The kids are sorted, my money is gone, I know how to get to three places. Woolworth's, day-care and school without a map. Everywhere else, is off limits right now. We go here and here only.

I truly asked the traffic lights if it will be alright.

There's so many more here and I'm not an uncultured swine. I've been out there. My parents are travel agents, I've luckily been able to go places, see things. It wasn't permanent though and I was always going home?

So even though I'm not sleeping or eating due to mentioned above breakup haunting me, I feel fresh, I feel good. My waistline is ok with it. I took my shit off at the beach and didn't care. Crazy thought. I have a tan? A tan is instant weight loss.

What am I going to do, I have the tan, I have no money, kids are out making friends, the house is clean AND its organised. Sit in bed and cry all day? I mean yes. I did that. But I also was functioning even when I thought I wasn't. i recognised my gym trainer in the wild. That seemed special, a true highlight and I was ready for a 'Hi, how are you?', however she didn't know me, ha humbled.

I need to work now? I need a job. I'm a massage therapist but I don't know anyone to help aid in getting clients. I had full books back home. How do I manage this, Han solo? I'm going have to split my commission and work for someone else? Ok. Mums gotta do what mums gotta do. So sick of that by the way. Exhausting.

I had a few offers, IS NAICE. I'll have something to focus on. I'm still crying in the car but there's a light. Eww David.

In the middle of the night, when I yet again couldn't sleep. Was probably crying. I decided that I'd message the main man from the main sporting club, elite level, in my favourite sport, THE GUY. Why not, isn't that what LinkedIn is for? What do I have to lose? He wont even see it and ill pretend it never happened.

He called me the next day. THE NEXT DAY. I didn't recognise the number, so I didn't answer. Not today, Satan. However, I got the voicemail and was invited to the club, immediately to have a look, have a trial, work the numbers and I somehow had to play it so incredibly cool Infront of all of them. I don't even care, about this, or being here, I'm far too professional and cool to be star struck. HA.

I'm still crying in the car but now... at least with a job that I simply cannot understand that me, a non-athletic, secret smoker, from a small town, was offered. I am absolutely thrilled. Also crying but thrilled. Everyone is stoked. Everyone knows this is my fate. This is the actual dream. For me. I'm here and I might be dying inside but I'm somehow doing it and I can put on some nivea lip gloss and crush it. Boyfriend who? (Not the case, I'm begging him to reply to me).

This was a few weeks ago and whilst the excitement for the season looms and makes me want to vomit. Ill perving on Dusty up close, but UP CLOSE. He will see my double chin. It scares me, but its new, it what I wanted, probably what I needed, it's a new beginning. It's not working - but it is.

I don't know when ill stop crying or when this will truly feel like home. I wonder if I'll make friends here, meet a man, do I even want one? When I'll be my true self at work, day-care, school. What's the time frame for being who you are in public in a new place? I don't know when so many of the things I felt comfortable in, will be comfortable again, here. I don't know when the new beginning will just be life. When does it stop being a new beginning? Is there a rule like, you're not a local until you've lived here for 20 + years when it comes to this?

It wasn't that easy. Right place, right time. Possibly? Backed by so much hard work? DEFINITELY. Is the move worth it? Fleeting parts of my mind say no, I want to go back to being comfortable. I just know id roll my eyes the minute I saw someone I knew in the colonoscopy waiting room, so maybe, yes? I'm going to say yes.

When life gives you lemons, just say fuck the lemons and bail?

Do you feel like you have a story you would like to share in our parent spotlight? We would love to hear it! Get in touch today at thelazyparent@outlook.com

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It can be difficult to look after ourselves and other people. If you sometimes struggle with this, use our handy hints below to show yourself or someone else some love

# CHECKLIST Drink Water Have a relaxing bubble bath Sit back and relax while watching your favourite show Give yourself a mani/pedi Meditation/Breathe Work Do a hair mask at home Do a face mask at home Play your favourite song



#### 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

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#### The Lazy Parent

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