

# THE LAZY PARENT

PARENTING – SIMPLIFIED

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JULY 2023 EDITION | NO. 8



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The Lazy Parent

Visit

[THELAZYPARENT.COM.AU](http://THELAZYPARENT.COM.AU)

to download our current issue

We acknowledge the traditional custodians of this land on which we work and live, and pay respect to the elders past, present and emerging.



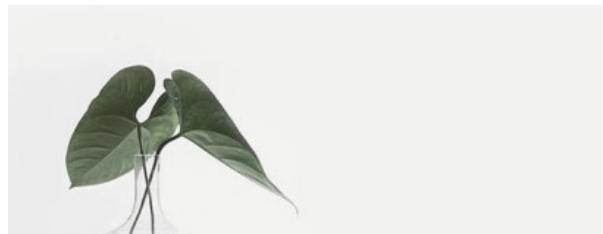
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# WELCOME I'M SO GLAD YOU'RE HERE

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Oh friends, I'm glad you're here. How wonderful to see you

This space is a way to create a community, to strengthen the everyday stories, and the unique ways we all live our lives. That's why I love hearing from you all and sharing your stories. If you have something you would like to share, please get in touch today, this is how we build something so beautiful, by sharing the different ways we can live and parent.

This month we have to thank our lazy parent community for sharing there tips and tricks from school holiday boredom busters to how they're keeping healthy this winter

I want to thank all our amazing contributors for sharing their time and expertise with us all. This would not be possible without you all and I am so so grateful!

As always thank you for being here, here is your reminder to drink some water and remind yourself you are allowed to love the life you live. And not in some live, love, laugh wall hanging kind of way, but instead be in love with your life. In the small moments, the morning coffee and the slow mornings. Of making pancakes and going to the park. Purposely slowing down and allowing yourself space to simply be and enjoy.

# MONTHLY AFFIRMATION

Affirmations are a great way to focus on our subconscious language and a powerful way to reframe our thoughts. 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.



This month's affirmation is a great reminder of the power you hold over your life.

Our perception so often creates our reality. So what is the life you are living, what life are you creating? How can we reshift our power to one we love and enjoy?

The important thing with affirmations is to remember you are deserving of what you are saying!

S E N S O R Y   R E C I P E

# FROSTING DOUGH

G L U T E N - F R E E  
T A S T E - S A F E



## Frosting Dough

You and the kids will both have fun making this dreamy playdough!

It's also a great one for those that need gluten-free and taste-safe sensory recipes. Did I mention it only uses two ingredients and there's no cooking involved? What a win!

### Ingredients:

1 cup of frosting  
 $\frac{3}{4}$  cup corn flour  
Food colouring (optional)

### Method:

1. If you have white frosting and would like it coloured, add food colouring of choice to the frosting and mix well.
2. Spoon in the corn flour gradually, mixing in between spoonfuls.
3. Knead with your hands until the dough is pliable and no longer sticky.



### Note:

If your dough is still sticky, add some more corn flour. If it is too dry, add a tiny bit of water.  
Play with clean hands and store in a ziplock bag (with all air squeezed out) in the fridge.

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

#frostingdough #supereasy #superquick #glutenfreesensoryplay  
#tastesafesensoryplay  
#sensoryplay #sensoryplaypacksandparties #sensorypacks #sensoryparties  
#uniquefunmessy #playingislearning #tactileplay #smallbusiness #localbusiness  
#supportsmallau

Follow us on Instagram and Facebook @sensoryplaypacksandparties or head to our website for more information on sensory play:  
[www.sensoryplaypacksandparties.com.au](http://www.sensoryplaypacksandparties.com.au)



## SENSORY PLAY PACKS & PARTIES

If you have been here for a while you would know exactly how lucky we are to have sensory play packs and parties involved in the lazy parent, and I am here to tell you things just got better!! *There online shop is now available to bring all your sensory play dreams to life!*

If your not familiar with Sensory play packs and parties, they are Located on the Mid North Coast, NSW. Specialising in all things sensory play, be it packs, parties, incursions or markets, and the best part is these are now available online for purchase, now you might be asking, what is sensory play, so let's let the experts explain, Sensory play facilitates learning, exploration, curiosity and builds your child's creativity, imagination and language skills. It naturally encourages children to use motor skills and scientific processes while they play, create, investigate, problem solve and explore their surroundings. If children are allowed to explore textures and sensations outside of their comfort zones and at their own pace, they develop knowledge, trust and understanding of their senses. They build positive nerve pathways and connections in the brain, letting them know that it is safe to engage with (including food). Over time, if children are given the opportunity to engage in different sensory activities with a range of different textures, they will build a strong foundation of knowledge and positive connections.

Offering unique, fun and tactile sensory play experiences for your child and their friends, tailoring party packages to suit all ages and needs.

To find out more please get in touch with them today!

Sensory Play Packs & Parties

<https://www.sensoryplaypacksandparties.com.au/#packs>

"When we make play the foundation of learning, we teach the whole child"

— Vince Gowmon



School holidays are here once again, & we have compiled a list of boredom busters with the help of our lazy parent readers. Whether you choose to be outside gardening, playing or simply enjoying making memories.

I hope your time together is wonderful

# SCHOOL HOLIDAY HELPERS

With the help of our lazy parent family we have created some top tips for enjoying the school holidays

Just in case no one has told you this, you are allowed to simply enjoy this time with your children. It doesn't have to be extravagant or expensive. Go for walks, laugh, make up games, whatever it looks like for you as a family unit to enjoy this time together

That is what matters

## Scavenger hunts!

When I read this I kicked myself for not thinking of doing it outside of easter

Thanks to this incredible lazy parent for sharing the ultimate home hack!

Come up with clues or obstacles and keep your little ones busy!

This can be the perfect indoor or outdoor play

## Visit your local

*Library*

*Shopping Centre*

*Council website*

*NAIDOC events*

Most of these places have free school holiday activities for your family to try

It's a great way to get out and try something new

## Forts!

This was another genius idea I rarely ever think to do - especially when a mattress on the loungeroom floor is top tier joy levels at my place

Take this a step further, add in a movie and some snacks to fort city and you are set!

## Park Crawl

Pack a picnic and head to your local!

While you're at it do the rounds of your favourite parks, this is also the perfect time to try those other parks you've always wanted to go to but haven't made it there just yet

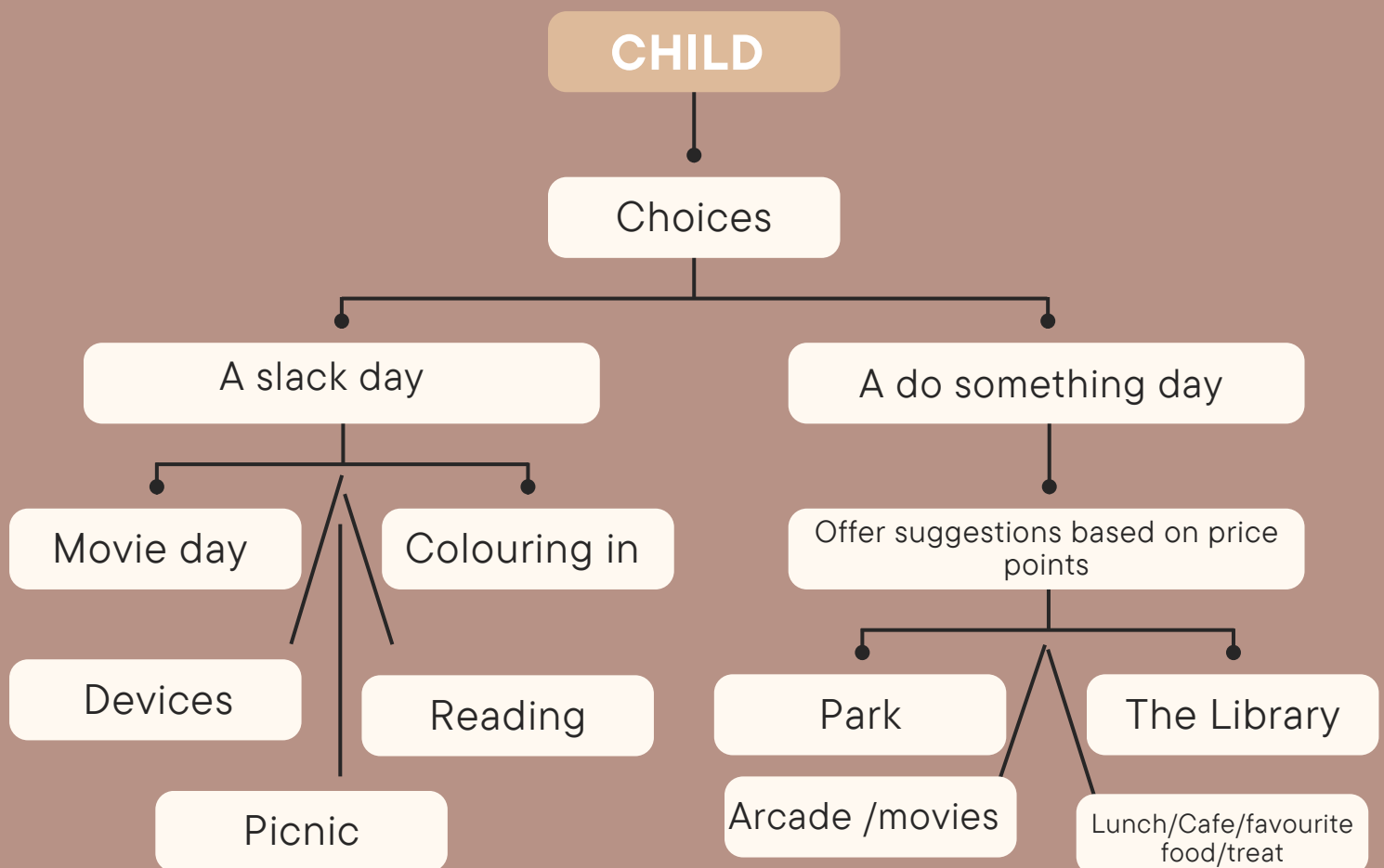
## Kids Choice!

Let them pick, brainstorm ideas for what they would enjoy, you can offer suggestions and prompts just don't pick for them

The point of a kids choice day is to let your child gain self autonomy and strengthen there sense of self by identifying what brings them genuine joy. Feel free to prompt and offer suggestions, however don't tell them what to do. The point is a kids choice day. Some suggestions can be saved for a later time too

# *Kids Choice Day*

## *Prompt sheet*



The Surprising yet beautiful thing about kids choice days is that our children need surprisngly little from us to be genuinely happy!

Have fun creating memories with your babes!



# NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

 @naldocweek  @naldocweek  facebook.com/NAIDOC

## For Our Elders, Bobbi Lockyer

Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.



[naidoc.org.au](http://naidoc.org.au)



## Teaching consent to kids

*The Lazy Parent*

Teaching consent to kids is something that can seem so complex, but often, we have many incidental teaching moments without even realising.

We've been sick for a few weeks, so thanks to a delicious case of mum guilt, I'm now desperately trying to over compensate.

We did some planning on a super fun day and went to bed ready to enjoy

The next morning I woke up early and began getting things ready, snacks were packed, outfits picked and I was ready, fast forward to my little guy waking up, I touched base and realised he was no longer wanting to do the day we had planned last night.

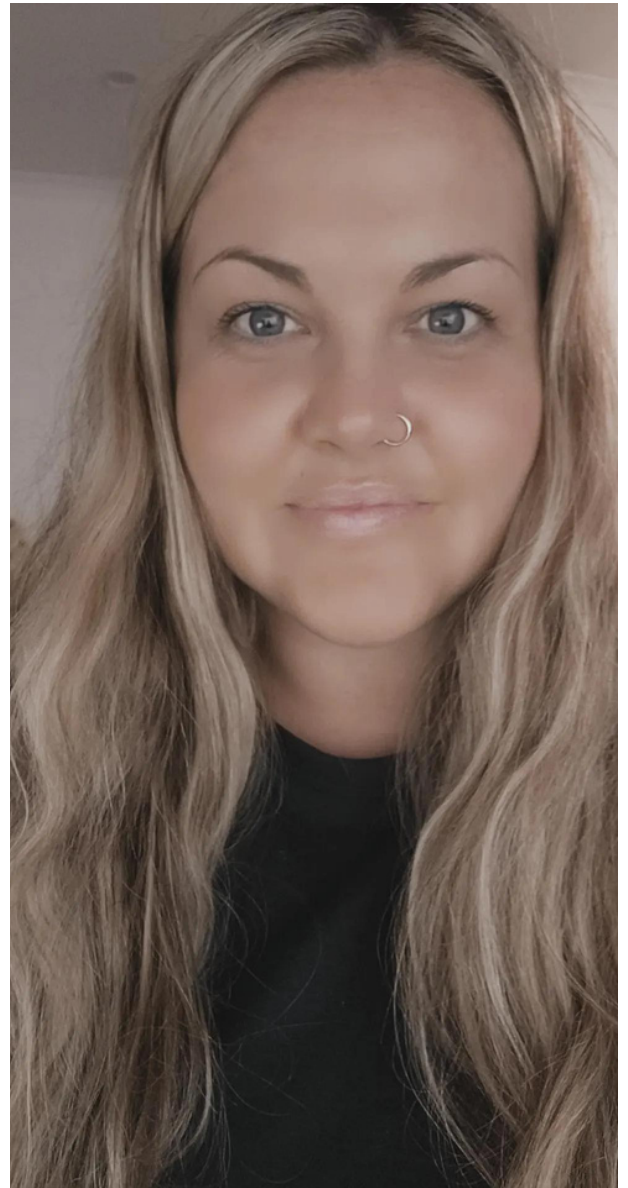
I knew he would love what we had planned and began asking if he was sure and if he would change his mind?


Then I heard what I was saying, how this conversation could plant a fundamental seed of coercion in this little guy's mind, trying to convince someone to do something they no longer wanted to, luckily I caught on quickly enough, double checked he was happy with his new plans and didn't bring it up again, and it really was that simple

Consent doesn't need to be complex, it is simply acknowledging a change in feeling and saying that's OK, not convincing him I knew he'd have fun, because while in this instance it was harmless what seed is that planting in his little mind? To change someone else's mind for what he thinks they might want to do instead of what they're telling him they want to do

I don't want to raise that kid


I want to raise the boy who is strong enough to change plans, who understands when someone changes his or her mind, who respects a person's decision to do so, you see this is how we teach consent. By listening to and respecting our children, so they can grow into the adults who listen to and respect their children/partners/colleagues





THIS MONTH WE ASKED OUR LAZY  
PARENT READERS TO SHARE HOW THEY  
KEEP WELL AND WARD OFF THE  
WINTER COLD AND FLU'S. THIS IS  
WHAT THEY SAID. PLEASE NOTE THIS  
IS NOT MEDICAL ADVICE JUST AN  
OVERVIEW OF HOW OTHER PEOPLE  
LIVE. USE WHAT WORKS FOR YOU AND  
LEAVE THE REST

@\_THELAZYPARENT





Daily  
multivitamin

Try to move my body in  
some way, even if it's just a  
walk



Drink at least 2 litres of  
water everyday

### For US

Bone Broth

Try to get in the  
sunshine, even if it's just  
sitting in the sun

I try to get my daily  
recommended fruit and veg  
as well - Which is easier  
said than done when I  
mostly survive off almond  
iced latte's and anxiety

## WINTER WELLNESS

Daily walks with the dog

### For them

Blend not grate veggies

Races - they don't realise  
how much energy they  
are burning

Lots of sunshine

For the kiddos I do a multivitamin gummy daily, same goes for sunshine and moving their bodies as mine, they're fussy eaters unfortunately. So I sneak in veggies by giving them that V8 juice, putting in some zucchini and carrot in their spag bol (their fav) or the steggles nuggets occasionally (the ones that are boosted with veggies) and they don't even know the difference!

@\_THELAZYPARENT



# Self Care

What actually is self-care? I'm sure if you are in the position of raising a child you would of have this notion of self-care continually rammed down your throat, usually by good intentioned people, however good intentions don't often correlate to reality.

Now, while I can't speak for another's journey nor would I want to, I can share what I've lived when it comes to accessing self-care, and can safely share that roughly boiled down it comes to these two factors.

*Time* - you know those beautiful babes we have been gifted to raise, cherish and love? Well, I don't know about yours but mine aren't too savvy on me dipping out for a quick Pedi or sitting perfectly silent for an hour-long massage.

*Money* - It's very simple to tell us to do some self-care - but what a lot of us struggle with is how? Say we are able to hijack some guilt free time alone, how are we financing these situations? Because while I love being home with my kids and thanks to science can let you know that the modern mother works an equivalent to 2.5 full time jobs or if your more of a numbers person also equates to a 98 hour work week, yet we live in a society where that does not transfer to a paid position - unless you guys have something sorted out and in that case please let me know so I can take it up with HR for some back pay

So while everyone is telling us to invest in self-care it's also important to acknowledge the real barriers which hinder that at times

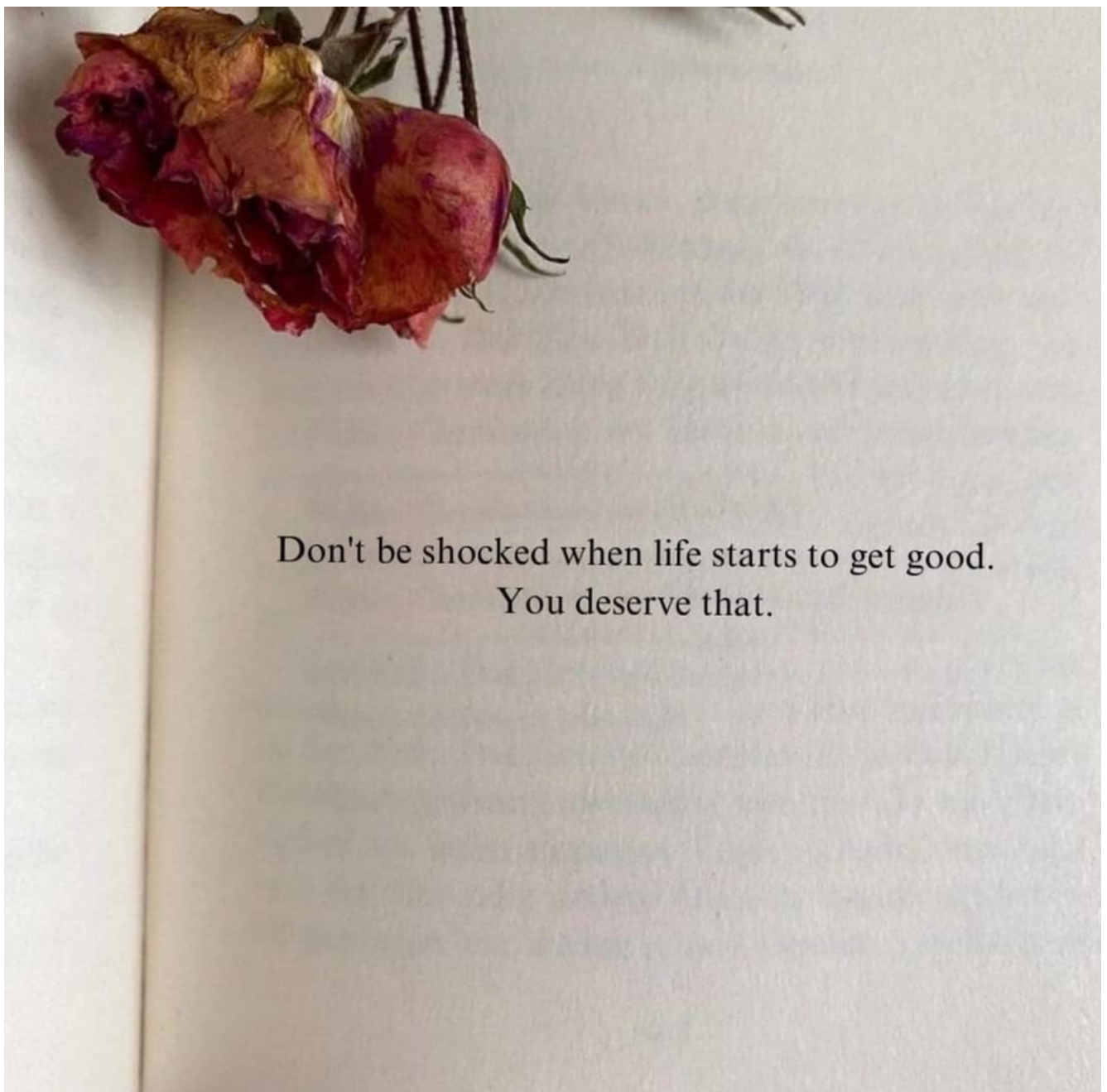
The model most of us are comfortable with is sustainable self care- what can we do for ourselves, the changes we can implement to make our survival sustainable and without going too far but allowing us to live a life we love and one where we can flourish

These can be small but meaningful changes - going to bed earlier, limiting doom scrolling, reading more, drinking water or sitting in the sunshine. The key is allowing your space to find what works for you. Acknowledging that this will take time and that's ok. It's ok to try multiple things and multiple times, what works for you one day may not work another day, that's not to say its flawed or failed it just means at that time it wasn't what worked best for us

This allowance allows us the freedom to not only strengthen our self-care but have an array of tools and strategies to support us during the ups and downs of our lives. Have tools that work for when we are rich or poor, on holiday or at home, the office or the sports trip.

The self-care we need will vary to us all, what works for me might be absolute nonsense to you!

For some a good book, an even better meal, discussions with people you trust, might hit the spot, for others a hot shower (which I fundamentally need to clarify that basic hygiene does not equate to self care - but my god sometimes that hot water just slaps while burning the day away) we all have different definitions of self-care so I implore you to find what works for you. The other thing about self care, is that it will look different to us each time. What works one day might not work the next and that's ok. What is important is to amass a collection of ways to provide that care to ourselves when we need it.



Don't be shocked when life starts to get good.  
You deserve that.



# Shakshouka

This is an incredible dish that is delicious as it is easy!

## Ingredients

1 red onion  
Garlic  
1 capsicum  
1 Tin Tomatoes  
Cummin

Paprika  
Salt  
Pepper  
2 Eggs

Sour dough to serve



## Directions

1. Sautee garlic and onion
2. Add capsicum and continue to Sautee
3. Add whole tin of tomatoes - allow to thicken
4. Add cummin, Paprika, salt and pepper
5. Once thick make a well and crack egg in repeat with as many eggs as you need
6. Cover and continue cooking til you've reached egg readiness
7. Serve with toasted sour dough and enjoy!

The best tip for this recipe is patience! Let all the flavours grow together and allow time to thicken!



***Make yourself  
seen and heard.***



### **All of my people...**

***Carla Davis***

Let's have a quick but meaningful talk about who your people are...

Who are you connected too? Who do you enjoy being around?

For some, this is family, blood relatives.

For some, this is also family but non-blood related, a collective of people.

If you haven't already accessed and read previous editions of The Lazy Parent Magazine, you are invited to do so now....we will wait for you....

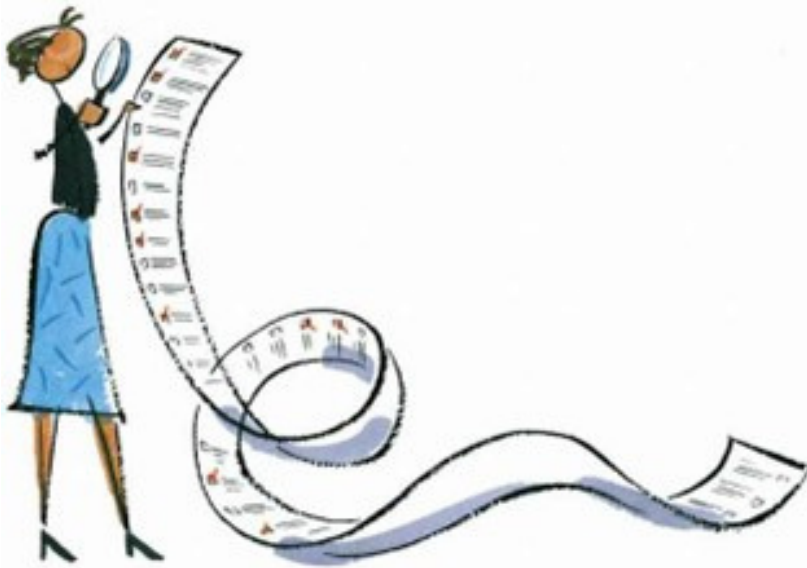


So, we have discussed in previous editions the need to prioritise our needs and the importance of assessing and adjusting our boundaries as a way of recognising useful, helpful and supportive people in our lives that aid us to grow towards our dreams and goals. Who are these select people you have chosen to surround yourself with, share your time and energy with?

Who do you seek out for helpful and useful supportive advice, that you value their opinions and their input, knowing they truly care about you and are honest and non-judgemental?

When you look at each of these beautiful caring faces, what do you see? What is it about them that fills you with that warm nurturing feeling?

You are invited to write a list of their amazingness, all the loving, caring, wonderful things that make them who they are...again, we will wait for you while you do this....



*Now, take a good look at the incredible list you hold in your hands...*

Allow yourself to take a moment to feel all the love from this list of amazingness....  
Now at the top of this list...write the words..."I AM...."  
That's right, you read that correctly..."I AM".



You dear one, hold within you all the beautiful, loving, caring, nurturing incredibleness, all the shiny facets that you have seen in other people, 'all of my people!

You are only able to see these shiny facets within them because you hold them within yourself, so you are able to identify them.

You may be sitting there right now trying to tell yourself all the reasons why you are not as amazing as this person or that person...why?

You're amazing and so you attract amazing people around you!

I'm going to leave that truth with you to consider.

Keep Being your shiny Self!!!!

Have a beautiful month...



*REnYOU Counselling & Wellbeing*

W: [renyoucounselling.com.au](http://renyoucounselling.com.au)

E: [hello@renyoucounselling.com.au](mailto:hello@renyoucounselling.com.au)

# THE NURTURED VILLAGE. *Hampers*

Vision: a society where all mothers feel supported by an abundant and multifaceted village.



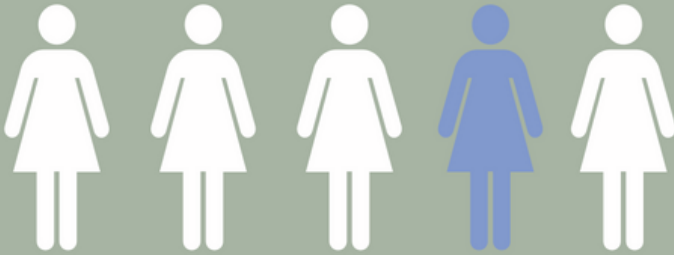
social connection  
social support  
community

resources  
kindness  
inclusivity

advocacy  
awareness  
connection

We are a charity for mothers

our locations



1 in 5 women have postnatal depression



lack of social support is a significant risk factor for perinatal depression and anxiety



Listen on  
Apple Podcasts



# how?

we don't have to do it alone  
we were never meant to

*Brené Brown*

Every month our communities come together and gather a hamper of home cooked meals, non-perishables and essentials to gift to a young family in the hopes that the connections we forge in the process have a positive impact on parental mental health.

Our aim is simple: to bring back the village.  
Our impact relies on the kindness of communities and parents coming together.

Check out our website to find locations near you, and see how you can become involved.

**We hope that you find your way to the village.**



**1 in 3 women describe their birth as being traumatic**



**THE NURTURED VILLAGE.** *Hampers*

✉ [hello@thenurturedivillage.org](mailto:hello@thenurturedivillage.org)



our vision

a society where all mothers feel supported by an abundant and multifaceted village.

# THE NURTURED VILLAGE. *Hampers*

We are a

charity for maternal mental health

*hey small biz*

**we can't do it without your help**



registered charity



see next slide



hello@thenurturedivillage.org

Every month our communities come together and gather a 'hamper' of home cooked meals, non-perishables and essentials to gift to a young family to bridge the social isolation gap and bring back the traditional village of support. Our impact relies on the kindness of communities and individuals coming together.

## how can you help?

In a 12 month period there will be 12 hampers in your location

**we need**

**12 donations of product/service/gift voucher or a financial donation**

**100% of donations go towards the hampers for families in your community.**

**All donations over \$2 are tax deductible**

# THE NURTURED VILLAGE. *Hampers*

awareness

community

inclusivity

connection

## locations

August 2022

our plan for the future

we don't have to do it alone  
we were never meant to

*Brené Brown*



**lack of social support is a significant risk factor for perinatal depression and anxiety**

**We hope that you find your way to the village.**

## A letter from our founder

After giving birth to my daughter in January 2019, I felt the reality of parenthood, how much I didn't need another onesie or knitted beanie rather, practical support, a home-cooked meal, another set of helping hands and validation, empathy, sharedness and a recognition of competence. I felt the gaping hole that is a lack of 'the traditional village of support' in early parenthood so some months later, I decided to create it.

I spoke with healthcare professionals, mothers, researched, delivered home cooked meals and essentials to families throughout Brisbane every month and it didn't take me long to discover the reality that is the maternal mental health statistics globally.

I was met with overwhelming generosity and to my surprise; women who wanted to join my movement. Since August 2019 we have delivered countless pantry items, baby essentials, nappies, wipes, home-cooked meals and small gifts to families up and down the East Coast of Australia and it has become much more than just the hampers.

We have created a movement. 12 communities, a podcast, a website and blog, a place where we hope young families can feel like they belong, like they're held in a really isolating time. We can't wait for the next chapter.

*Emma Gray x*  
emma@thenurturedvillage.org





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

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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](mailto:thelazyparent@outlook.com)

Love you, bye

### **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](http://thelazyparent.com.au) to make sure you don't 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](http://thelazyparent.com.au)