# THE LAZY PARENT

PARENTING - SIMPLIFIED

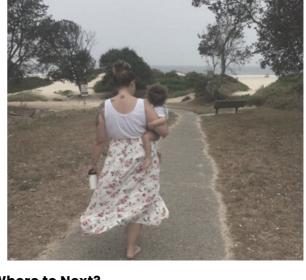
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We acknowledge the traditional custodians of this land on which we work and live, and pay respect to the elders past, present and emerging.



# WELCOME I'M SO GLAD YOU'RE HERE

Oh friends, I'm glad you're here.

Raising children is incredible, it can open our minds and our hearts, show us a completely new way to look at things, it can mould and adapt us all. This month I am so excited for you to hear from two mothers and the unique ways they are raising their children – and their selves. I feel quite proud of this issue, sharing these strong, wonderful people who I admire, who, I got tears reading both their stories and it reminded me that this is why I started the lazy parent, to share the richness we all possess but so rarely see within ourselves. I consider myself so unbelievably lucky to be able to share both of these stories with you.

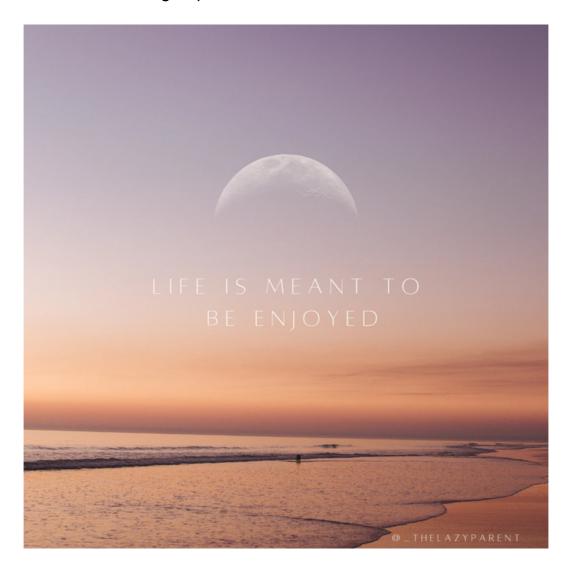
This space is a way to create a community, to strengthen the every day stories, and the unique ways we all live our lives. That's why I love hearing from you all and sharing your stories. If you have something you would like to share, please get in touch today, this is how we build something so beautiful,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

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 to ensure you are living a life you enjoy. It is far too easy to fall in a trap of simply existing we forget to savour and enjoy our life

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



# **Fizzing Dirt**

Do you have a little one who loves sensory play? If so, here is an excellent recipe for some 'fizzing dirt' sensory base. Add this base to any small word play, with cutters or just on its own. It is a fun opportunity to experiment with bicarb soda and vinegar to make the dry dirt fizz alive into a wet mess!

# **Ingredients:**

Plain flour or table salt (2 cups) Bicarb soda (2 cups) Cocoa powder (1 cup) Vinegar Water (optional)



# Method:

- 1. Mix all dry ingredients together in a bowl or container.
- 2. In a squirt or spray bottle, add vinegar (dilute with half water if desired).
- 3. Set up your sensory experience and watch your child's face when they discover the 'fizz' reaction!

### Note:

If you're worried about vinegar in the eyes, wear safety glasses and dilute the vinegar with water).

Ensure your child has no cuts or wounds on their hands - this sensory base could make them sting!

Halve, double or triple batch it, depending how much of the sensory base you want.

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

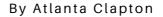
#fizzingfirt #supereasy #superquick #bicarbvinegarreaction #tastesafesensoryplay #sensoryplay #sensoryplaypacksandparties #sensorypacks #sensoryparties #uniquefunmessy #playingislearning #tactileplay #smallbusiness #localbusiness #supportsmallau #partiestoremember #midnorthcoastNSW #portmacquarieNSW

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



# RAISING WILD & WOOLY WANDERERS

# LIFE ON THE ROAD



After a few speed bumps in life, losing a loved one, spending too many hours at work to pay for the things we didn't have time to enjoy because we were too consumed with the forementioned work, we realised something had to change.

As cliché as it is, life really is too short to not savour every moment. Our little ones are only young once. Money can always be worked for, but time can never be bought. If there is one thing we have learnt from our journey so far, is that time with our favourite people is the greatest gift this world has to offer. So with this in mind, we decided to take life by the reigns and go for a wild ride!

We sold everything we owned (bar a few favourite toys and our everyday essentials) packed up our life as we knew it, moved into our caravan and hit the road ready to chase adventure and give our kids the best damn shot at creating a life they love.

So here we are, 12 months in, 3 countries down, 10,327km driven, and we have only just scratched the surface!

# What does life on the road look like?

Well we live in a shoe box with 2 boys, so as you can imagine, its loud and wild always needs vacuuming but this shoe box has become our happy place. The reality is we aren't on holidays, we just drag our home with us around the country, think of us as glamorous snails. But at the heart of this nomadic lifestyle, we are just another family raising kids, the day to day happenings of life still exist.

The washing never ends (literally...never...ends!) the snacks are relentless, Bluey is on repeat, education is essential, but what is different for us is the moments in between.





The moments where we get to appreciate the ever-changing view from our kitchen window, the conversations about the different environments we see and the different people we meet. The moments where we spend our days following our children's footsteps ensuring that their passions are honoured and that we are present. The moments where we help our children learn new skills and creativity thrives.

These are the moments in life that matter and foster connection. This is what drives us to continue our nomadic lifestyle.

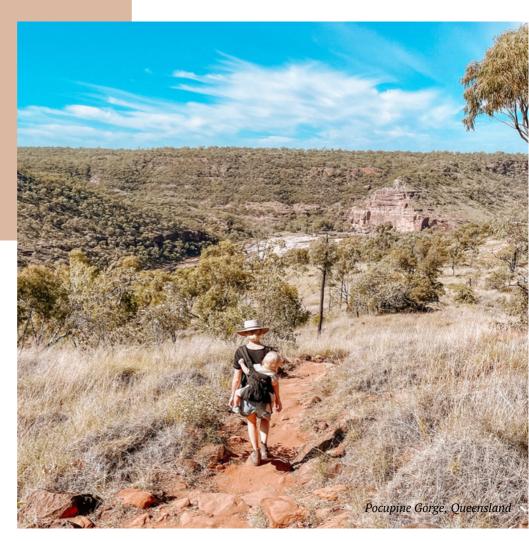
Our travel itinerary and direction is unknown, we tend to follow the warm weather and surf. Fortunately the other half is a tradie so he is able to find work opportunities along the way. Without this income we wouldn't be able to do what we do, so whilst working "9-5" is not something we want to make a habit, it is also the reality of life.

To keep us all sane we travel slow, but that's become one of the best part of this lifestyle, being able to immerse ourselves in the places we visit. Searching for our next destination, our next surf break or our next environment to learn about is simply the best. I don't think there will ever be enough years in my lifetime to visit all the places I want to see, but we will give it a good crack.

Travelling through the eyes of little ones has also forced us to slow down and appreciate the simpler things in life. If it wasn't for these slow moments we wouldn't have had half of the amazing experiences we have had.

So let them chase that goat into the village because you never know who you will meet, let them hunt endlessly for crabs because that sunset will be unforgettable. It's not always easy, for the most part we don't have any fences and there was that one time I found them in a village playing with a wild monkey....A WILD MONKEY!! But what a life story they will be able to tell and I'm so bloody proud we are along side them on this journey.





You home-school? Aren't you worried your kids will be weird? (well no one has actually ever asked us that, but the looks have)

Full disclosure, we have just started making our own bread everyday which probably puts us one step closer to owning a goat, and making our own clothes on a farm. However the decision to home-school our children came from a desire to raise compassionate, confident, self-aware children who are equipped with life skills rather than a desire to break away from society. (not that there is anything wrong with that, you do you!)

As our eldest child approached school age we started to talk more about education and what that looked like to us. The deeper we dug on this topic, the more we realised what they would gain from life on the road would far outweigh what they would ever learn in a classroom and that hit home for us.

What if we could create a lifestyle where our children thrived, and we got to build the foundations for their education in our everyday life. What if we could immerse our children in different cultures and environments as part of their education? We want our children to love learning and to foster their inquisitiveness. With these factors at the heart of our decision, we embarked on our home-schooling journey. The best part about this decision is there is no right or wrong way to do it, we take inspiration from unschooling, home- schooling and world schooling.

Is everyday a Pinterest worthy learning environment, absolutely not! After all they are children. But do we learn about topics that I never thought we would discuss, absolutely! Do we get it right everyday? Absolutely not! Afterall we too are just human beings and neither of us are teachers. But do our children feel safe to ask questions? Absolutely!

At the end of the day if we can raise kind, confident and compassionate children, with an understanding of the world around them, then our role of schooling them has been a success.

What about all your things? We often get asked what we thought was essential and how many toys we packed while travelling. In our van we have two small drawers dedicated to entertaining the kids (excluding learning resources) and truth be told, we totally over packed! Whilst travelling overseas we took one pencil case of toys which barely got touched.

Kids need far less than we think. Sure they will tell you they want all the toys and of course they get distracted by every bloody flashy souvenir or toy shop you see. But when they are given the opportunity to find their own source of entertainment, that's when their imagination is truly ignited, and the result is pure happiness.

This stick and "hot lava volcanic fossil rock" (it was in fact just a rock) have seen more of Indonesia than most people, because they were too good to part with.





This lifestyle has taught us that we don't need things in life to make us happy (except maybe a vacuum because these kids are feral) happiness comes from the ever changing sunrise location, from exploring places unseen, the flavours of new cities and from the comfort in knowing we are together. In the madness that is travelling full time in

a shoebox with two long haired lunatics, we feel at home.

Where do you call home? For us home is no longer defined as somewhere with four walls, home is the feeling we get when we are

together.

I hope this snippet into our life gives you the inspiration to chase adventure and to choose the path less travelled. It could be as simple as packing a tent and heading to your closest national park for the weekend, finding a beach camp or tackling a hike. Don't wait until you have the perfect setup or the whole week of annual leave to go, after all tomorrow is never promised. We have learnt that kids aren't fussed on how beautiful the sunset is, how flash the hotel is or how long their "holiday" is, what's important to them is that you are present and making core memories together.

So grab your life by the reigns, strap in and go on a bloody wild adventure!

Batu Caves, Malaysia

If you are packing for a trip and worried about what to pack, or you are doing a clean up of your toy room and worried about how much to keep, my answer is don't! You'll be amazed at how much fun can be had with a piece of string, a stick or a happy meal toy that was found under a hotel bed.

Sure our kids have iPads, because the other reality is that Cocomelon has the ability to calm a ragging toddler like nothing else and sometimes you just need down days where you all watch Bluey together. But for the most part, creating toys, building pillow forts, exploring beaches and upcycling rubbish fill our days with endless joy. It really is true when they say less is more.

# 'My Motherhood Story' Casey Whitehouse

Before motherhood, I was a teacher and a wife. I lived to work (as a Primary School Teacher) and was often at school early in the morning until late in the evening so that I was able to give my students the most I possibly could. My time at home was spent planning and preparing engaging lessons, communicating with parents, writing reports or assessing student work. My 'to-do list' always looked achievable. In our spare time, my husband and I enjoyed camping, paddle boarding at the lake, playing sports or I would craft while he fished or surfed.

We were very lucky to conceive our first child within 3 months of starting to try and had a textbook pregnancy. I worked right up until Callen was born and was actually at a friend's wedding when my waters broke at 37 weeks gestation (I put it down to the love songs and chocolate fondue haha). I was GBS+ so it was recommended that I begin antibiotics and be induced when we arrived at the hospital. I didn't blink an eye - they are the professionals, they know what's best for me and my baby. Due to hospital policy, I wasn't allowed to labour in water and ended up opting for an epidural after hours on the gas. Callen was born very soon after this, without any complications (minus a 2nd degree tear for me), but lost weight pretty quickly. Although formula was pushed, I was determined to exclusively breastfeed him for as long as I could. We stayed in the hospital for 5 days to monitor his weight and were able to go home on Good Friday (this day has a new meaning for us now). I had an oversupply of milk which was lucky enough because at 8 weeks old, after a one-off comment from a community health nurse, I dove into the deep rabbit hole of oral restrictions. We saw our local IBCLC (International Board Certified Lactation Consultant) and it was confirmed that our baby had a pretty major posterior tongue and lip tie. It was no wonder he struggled to latch properly and lost weight in those early days. He was also a very unsettled and a highly sensitive baby which made the transition to motherhood extremely difficult. I can barely remember the first 18 months as I was chronically sleep deprived and definitely surviving, not thriving, into motherhood!



Fast forward to our second pregnancy, 2 years later, I suffered pretty bad pelvic girdle pain and stopped work at 35 weeks. When I woke up with bleeding at 38 weeks, we were advised to come to hospital for a checkup and were encouraged to be induced (again) and start antibiotics (again, for a GBS+ result). After doing my research this time round and learning so much after my first child, I was adamant I did not want either of these interventions for this baby. I felt guilted into the decision by the doctor, but also wanted to keep my baby as safe as possible as the doctor suggested. The contractions hit me like a freight train again and I got to the point where I was begging for an epidural (turns out I was in transition). The anesthetist didn't have time to arrive before I started involuntary pushing and before we knew it, I had birthed my second child completely naturally in less than an hour and a half. I couldn't believe what had happened and felt so empowered with this birth. We had another surprise and when my husband told me we had had another boy, I was shocked. The whole pregnancy, I was convinced the baby was a girl, but as soon as I held him, I felt it was meant to be and immediately envisioned our two boys growing up together. I wasn't sure how I would feel while I was pregnant if we were to have another boy but I'm lucky I didn't experience gender disappointment (as I really wanted a girl). It felt naturally right and I was excited for the future. I was so anxious though about that first year... I knew what I was in for this time round.



Learning from my first baby, I immediately booked our IBCLC for a home visit the next day and no surprise, another orally restricted baby. As with our first, we did all the myofunctional exercises and body work before and after the release by water laser which was out of town both times. I won't go into detail but this necessary procedure and seeing your baby go through months of rehabilitation also came with its emotional and mental toll on myself (both times).

This trauma as well as the physical and mental toll that a specialised diet I was adhering to, under the supervision of a qualified dietician who specialised in breastfed babies, due to both my son's having CMPI (Cow's Milk Protein Intolerance) affected my mental health dramatically. Looking back on my first year of motherhood and my second pregnancy, I didn't fully realise at the time but I was not okay and should have sought help earlier. What I should also add is that the day after we found out we were pregnant with our second, a Speech and Language Pathologist diagnosed our son with CAS (Childhood Apraxia of Speech). We were completely shocked and at 2 years old, didn't know if he would ever be able to talk, let alone say the word 'mum'. It was a daunting and very emotional time. My anxiety heightened over that year, with weekly OT and Speech therapy for my eldest son with a baby in tow, and by the time our second born was only 2 months old, I wasn't coping at all. I couldn't hide or downplay it as I had previously been doing, and finally sought professional support (one of the hardest things I've ever had to do).

My psychologist described me as "extremely stressed, highly anxious and moderately depressed," diagnosed me with perinatal anxiety and depression, and prescribed me medication and ongoing therapy.

I'm thankful for my husband and my sister during my most vulnerable time and being able to access support quite quickly when I needed it. Although the diagnosis was by no means a surprise to us, I was hit hard by it and felt like a failure. My psychologist helped me unpack my journey into motherhood over the last 3 years and allowed me to work through this process. It was really helpful to have someone validate what I had experienced so far, to work out why I was feeling the way I was, and give me strategies to help me move forward. I took another year off work to work on myself, and focus on my kids.

Two years on, I'm still on medication, still chronically sleep deprived (thanks kids), but there's more good days than bad, and I am able to function somewhat normally. Financially, it has been difficult to seek support, and I do worry about mothers who are less fortunate than me that this creates an extra barrier to getting help when they may really need it. It's no wonder maternal mental health is a global crisis! Becoming a mother is the most amazing, transformative and challenging experience, but I am determined to ease this as much as I can for the mothers around me by volunteering for The Nurtured Village and coordinating hampers of solidarity and love in my area. Finding my own village over the past few years has been such a blessing and something that I am so grateful for. Women need women. Mothers need mothers. When I started to open up to a few close friends about what I had/was experiencing, I didn't feel so alone and they really rallied around me, through the highs and lows, and still do. I'm so thankful and try to pay it forward when I can.

There's so many great posts that pop up on Instagram now that I'm following the right pages which I find great daily validation for this tough journey of 'matrescence' (if you don't know about this term, I highly recommend indulging in finding out what it is - it's such a game changer)!

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For me, knowing that there's other mums out there that feel exactly the way I feel about motherhood, its beauty and its challenges makes all the difference. The toughest part of motherhood for me so far has been managing my own mental health as well as trying to ensure my boys get the best childhood possible, and to grow into good humans. Breaking generational cycles and keeping up with the latest research has actually been a breath of fresh air and aligns so well with what I instinctively feel as a mother anyway. Raising a neurodiverse child has been such a steep learning curve on top of everything else but one that I am grateful for, too. As hard as it has been, and still is some days, my first born has taught me more about myself and life in his short 5 years than I've learnt in my whole 33 years! It's insane!

Motherhood has changed me, and for the better. I have different views, opinions and priorities. I'm not the person I was 5/10/20 years ago. My experiences so far are now a part of my story and I'm 100% sure there's many more highs and lows to come on this beautiful journey. I look forward to the future, but I also want to pause time. It's such a pull, isn't it? I hope to continue to help other mothers who are struggling or who just need a pick-me-up through The Nurtured Village community. We have some amazing individuals and businesses in our area that share the same drive and want to make a difference. It's so refreshing and oh so rewarding to have met them and see the impact they are having on mothers in our community. Something that fills my cup, too.

I swear I could write an essay about the ins and outs of my journey into motherhood but I tried to keep this version as succinct as possible. Thank you for being here and thank you for reading my story. I hope a part of it has resonated with you in some way and I hope you know how amazing you are. If there is anything you would like to ask or know, please feel free to reach out to me. I'm here for you, you incredible mama.



# The Power of YOU!

We are all unique individuals with our own thoughts, beliefs, dreams and goals. Sometimes we connect with others who think or feel a similar way to us, we share our ideas and grow them together to create somethings bigger and greater than ourselves.

Have you ever found yourself in a situation where you have invested a lot of time, energy and mind-miles into something or someone, only to find across time you have made so many small adjustments and changes that you now feel far from where you first began? Or, where you thought you would be?



As we enter the winter season, it can be a time of nurturing the Self. The warmth of a fire or a cosy blankie, warm drinks, hot dinners, feeding our Soul with comforts as the bitter chill dances in the icy breeze outside the window.

This is a time where the inner work can rise within us to be considered and contemplated as we make every effort to chase the warm glow of the suns

rays in the short time they spread their light in our winter days. As the daylight hours are shorter during winter, we can feel the deepening of the darker hours, with more time for our thoughts to wander and enter into the spiralling possibilities of the 'whys' and 'what ifs' of our life.

This important time is perfect for actively seeking the light consciously, remembering who we are, remembering our goals and plans and dreams, that

bigger picture that drives our passions and is weaved in the threads that create our circle of people, what we choose to spend our time and energy on and the placement of our personal 'North Star'.

These concepts are all foundational pieces of what makes each of us unique and exquisitely individual beings.



This is the true strength of diversity at play in our lives.

Creating a safe space to allow ourselves, our children, our families and friends to explore without judgement and to begin nurturing those little sparkles of ideas as they grow and develop into the dreaming of joyful goals that fill our days with hope and meaningful purpose, our 'North Star'.

As we explore, we can discover we have grown and developed a new way of being



along the journey. We may have become adults, parents, grandparents, relocated to another country, completed a qualification, connected with an old friend. We come to realise that we have shifted into a new way of being, a transformation has happened, similar to the

transformation of a caterpillar to a butterfly, a changed Self.

# **Awareness** is the key.

So here are some ideas to assist and support our transformative process...

Consider your journey. Look along your journey up to this point in time. What have you achieved, changed, experienced, completed? You have successfully made it through every day up to now. Look how far you have come!

Try doing a 'mind dump'. Write with unabandon with a pen on paper, allow all the thoughts and feelings to flow forth onto the page, without censoring. Write all the things that are or have worried or concerned you as they come to mind. No-one will be reading this. Say all the things you might not dare to actually verbalise. Release.

Allow it all to fill the page or pages. When done, release it all into the cleansing flames of a fire or feel the release as the pages are fed into a paper shredder. Let it all go.

Journalling. Gratitude journals can be a nice way of reminding ourselves of all the things that are going well in our world.

Noticing and being thankful for the small things as well as the big obvious things. Changing our perception and seeing what is working and what is bringing joy



into our every day lives is a beautiful practice. Our little people often love doing this, and its lovely to look back on.

**Earthing**. Grounding yourself and feeling a sense of centeredness can be a useful strategy at any point in time. Giving all of our attention and focus to our surroundings, especially if in nature, can bring our awareness back to Self. Feeling the warm sunshine on your face. Feeling the cool air. Looking up into a tree you're standing under. Bare feet



on the grass or sand, where its warm enough to do so. Balancing our racing mind with the wonder of our surrounds, noticing the beautiful colours, smells and sounds. Clearing our mind ready to invest in dreaming.

**Dream Board.** Create a collection of ideas, activities, places, spaces, items, people or things that bring you joy and fill your heart. Include things that you have achieved. What inspires you? Collect pictures, drawings, words and make them into a visual artwork. Perhaps you would prefer to write them out in lists, what you once loved doing but haven't done for a long time, what you really want to do but haven't done yet. Place this somewhere you will see it every day like the kitchen or your workspace. Continue to

add to it, keep dreaming, stay inspired.

Who are you? You are a powerful being that brings love and light to those close to you, those who know you and love you unconditionally for who you are. There is only one you. Think about who you are, all the parts that make up you. You, that incredible individual with the skills and talents acquired through the web of experiences and situations that have contributed to the learning, and development growth choices and decisions that has



led to the person you are today, sitting right there reading this right now. Wow! What a story you could write I bet. A powerful accumulation of all the variable pieces that synchronized together with the perfect timing and alignment similar to the forces that hold the planets in orbit.

Wonder-filled, awesome, inspirational, individual, unique and fully capable of being filled with joy and sharing that light with others. That's you. What will you allow yourself to create? What do you choose to manifest?

How will you impact those around you and the world?

Each individual person shining brightly, akin to each star shining in the clear night sky. This is the true intensity and strength of diversity.

Stand tall, be proud, BE all of who you are, powerfully YOU!



# Carla :)



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Carla is available for online, telephone and in person supports

# I don't think parenting is hard, I think everything else is...

# The Lazy Parent

It amazes me since becoming a parent how hard we are all willing to be on ourselves. How reluctant we are to say out loud the things we enjoy or feel we are good at. Instead, parenting seems to unleash a self deprecation monster that none of us are immune too.

The amount of times I have heard parents unnecessarily critique themselves, or more over their children - and for simply being children. For behaviors that you yourself would have exhibited - heck maybe you still do. We somehow expect more from them then we do ourselves, and then when our children are simply that - children, we judge ourselves so harshly on that.

I can guarantee you as a parent I will never judge you on your child being a child, here's a list of things I will harshly judge your child on

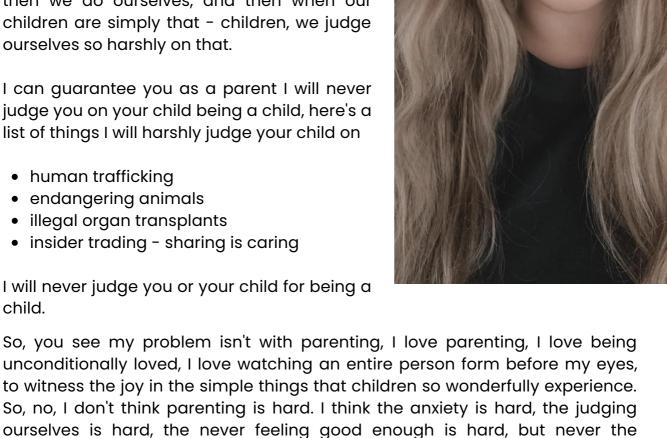
human trafficking

parenting.

- endangering animals
- illegal organ transplants
- insider trading sharing is caring

child.

I will never judge you or your child for being a



If there was one thing I wish people in the role of raising a parent knew is that we are all out here winging in, we have all been the person with the crying child, we are all so paranoid about us we're probably not noticing you. It is this secret thinking that keeps us isolated and alone, and that is not a good place for any of us to live in long term.

# **Self Care**

I can't take the credit for this, but I can happily share it, and the best part is I have personally seen a group of 4-7 year olds make this, which gives me absolute hope that we can make this too pink lemonade sugar scrub too!

My very beautiful, very loving guy gave me this for Mother's Day, and it was only as special as his class teacher assuring me that the food colouring wont stain our skin!

For this you'll need

White Sugar Coconut Oil Lemon essential oil 1-2 drops red food colouring

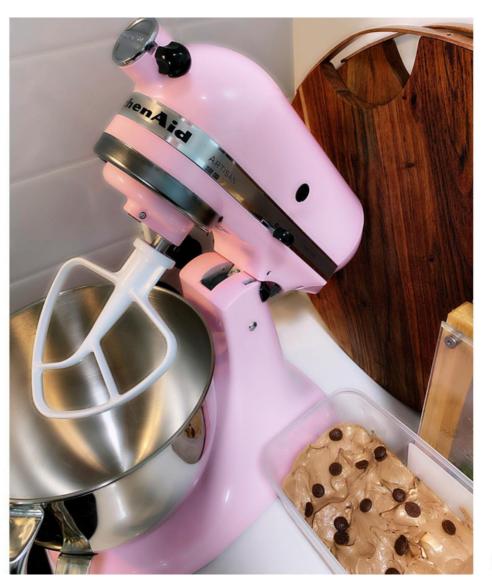
Simply Combine all ingredients - adding in food colouring last



This is a quick an inexpensive way to ensure you are still accessing and prioritising your self care.

Because far too often we get caught up with everyone else, that we very easily lose track of ourselves, and simple ways we can access joy and relaxation

How do you access self care? We'd love to hear from you, email thelazyparent@outlook.com



2 Ingredient Nutella Mousse

My loves have I got a treat for you, It's easy, it's delicious, it's wholeheartedly any lazy parents dream!

You will need

Left over thickened cream you just remembered you needed to use As much Nutella as your heart desires

- 1 Simple mix your cream in your kitchen aid that you don't use as much as you should, until soft peaks form
- 2 Gently fold in all the Nutella you can justify
- 3 Live a little and just chuck some dark chocolate on top because honestly why not
- 4 Leave for 6ish hours or just try at 4 hours, figure it's close enough & enjoy

If I were to do this recipe again the only changes I would make would probably be letting the rest of my family know it was a) made & b) ready - apart from this 5 stars

Follow for more life changing hacks @\_thelazyparent

(Seriously though you should try this it is actually Delish )

Go ahead with your bad sef.



# 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

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 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