

THE LAZY PARENT

PARENTING – SIMPLIFIED

MAY 2023 EDITION | NO. 6

THE
Lazy



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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

How exciting we are here again! I cannot believe we are at our sixth edition, that's half a year of the lazy parent magazine. Of sharing and building a community. Six months of our amazing contributors, sharing monthly, creating a space of togetherness and learning. I am so proud of the space we have been creating and I'm so grateful to you too for being here with us.

My dream for this space is for it to continually grow and evolve, for each of us to realise the strength of our own story, the richness we have when it comes to sharing the seemingly small things we do daily that actually are incredible and impactful. We would love to hear from you if you have any parenting tips or tricks you would love to share, I can guarantee you that small thing you do could just change the world for someone else! Get in touch today

As we approach the cooler months and the next half of our year, I always love to use this time to do a pre midyear check in. It's a great time to check in with ourselves, are we on a path that we are happy with? Are we living a life we enjoy? How can we continue to work towards being the person we want to be?

This month we have some great check in tips and techniques, we also have our incredible sensory play space and if you are not following Casey you need to be, she is an absolute dream!

As always thank you for being here, here is your reminder to do something nice for you

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 that you are deserving of all the things you can dream of, if you feel comfortable add the specific things you are dreaming of.

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



TASTE-SAFE SENSORY MUD

Perfect for small world play and
tactile exploration

Taste-safe Mud

An easy, messy, fun sensory experience for your child.

And I guarantee you have all of these ingredients in your pantry already!

Ingredients:

Flour

Cocoa Powder

Water

Corn Flour (optional)

Method:

1. Mix 4 tablespoons of cocoa powder with 2 cups of flour in a large bowl.
2. Slowly whisk in 1½-2 cups of water.
3. Add in cornflour if you would like to thicken up your mud.
4. Add in some farm animals or dinosaurs.
5. Have a wash bowl for their muddy hands close by to save the mess from spreading!

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

#sensorymud #supereasy #superquick #edible #sensoryplayforallages

#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



An Ode to Motherhood

The Lazy Parent

I think one of the most grounding features we can use in parenting is that of reflection.

Reflecting on ourselves, of who we were and who we want to be. Reflecting on the parts of our parenting that we love, the parts where we can look back and truly relish in the experience and joy. I think it's equally important to look back on the parts we feel we can strengthen, and not in some negative 'I'm a horrible failure of a person way', but simply acknowledging a change in pattern/behaviour/response would make me happier and more of the person I would like to be.

This allows space for practical growth, not from a place of deficit.

I feel that Motherhood more than anything else I have ever experienced has the unique ability to break you in to a thousand pieces while simultaneously making you whole, and somehow doing this all at the same time.

It is both grounding and can make you feel like you are walking on clouds, and while I feel it is so healthy to talk about the realities that will occur when we step into the role of raising a child, fatigue, changes to our bodies, our place in the workforce, it is also imperative to share the life changing feelings that are about to occur and are an equal reality.

The magnitude of loving another person with such an extensity previously unknown and unfelt, how someone else's happiness can be so important and at the center point of every decision we make, the privilege of watching an entire person form before you, watching them find out what they like and dislike, who they are as a person, how they will shape the world that we live in and how lucky we are to get a front seat to watching it all occur

It is an indescribable feeling

Yes, parenting will change you, but it is meant to. It is our chance to grow and change, while we watch our littlest best friends do so as well.

It is a chance to live a life you are proud of, a life you would be proud for them to live as well.

An opportunity to create something indescribable for us and them

A Mother's Day memory

The Lazy Parent

I can safely say this picture was taken on my favourite Mother's Day.

It was the kind of day that as a parent you look back on often and it is as they say a cup filler.

It wasn't extravagant but it was incredible, simple things like flowers and my favourite food, it was feeling noticed and remembered and honestly, I feel that sometimes that is all we need.

It was my little guy picking flowers and recalling how happy it made him regularly.

It's the feeling that comes with seeing a generational change and shift occurring.

It's young men safe enough to show love. It's laughter, and the simple joy of having the people you love together.

As this Mother's Day approaches I implore you to spend time and consider what actually matters to you, not to fall into a comparative trap that can often occur in a social media fueled world.

It's knowing and then holding on to what matters. It's the small moments that lead to big memories. It's creating a life of safety and love and being damn proud of that!



SELF CARE

Make or order your favourite meal

DIY self care -
face masks/hair mask/foot mask

Play to your sensorys
Dim lights, adjust sound, whatever
you need to relax

Drink more water - just give it a try ok

Cry - we wont judge you, get it out

Journal -
What have you done well lately,
what do you want to do better?

Go outside
I don't care where, go for a walk or coffee,
just go outside

Breathe

Listen to you.
What do you need right now? Do that.

Self care will look different to us all.

Sometimes it can feel like we have no time, or even more, nothing we even like anymore.

Parenting is a time of growth and change for us as much as our children.

Here are some ways to reconnect with things that bring you joy.

Like parenting strategies, not everything will work for everyone, so keep trying til you find something that does!

You deserve it!



Being your own village

Parenting can feel isolating for the best of us, it is like death and taxes inevitable. We all at some stage no matter how strong our networks or connections are will feel as if we are alone or are the only ones feeling or experiencing a behaviour or thought, either our own or supporting our children through there's.

It is both humbling and encouraging to know this feeling is not unique to us, and in fact that the feeling of being alone is a strong connector for us all.

Some tips for when the blues hit

- It is important to know that not everything we think is true
- There is strength in connection - reach out to a friend or professional, supports are there to be utilised
- Reflect - what is motivating what your feeling - what changes can be implemented to support you?

It's important for us all - parents or not to have support networks in place, strategies we can implement when we need them. Either ways to outsource to take some pressure off - take out nights or a cleaner, and ways to be kinder to us, ways to implement relaxation and self-care. While we may have been conditioned that self care is selfish it is actually the one way we can reclaim our strength and link us back to the person we want to be and more from that, the person we need to be, for us but also for the lives we are shaping.

If you are anything like me it is imperative to have a stash of quick, easy, and cheap meals up your sleeve!

A fan favourite in our house is the humble yet mighty, wrap pizzas, these are great for many reasons – it's both quick and easy, it's also a great way to clear out the fridge and eliminate anything's needing to be used up.

They can be as simple or as extra as you like

Flat Bread Pizzas

Ingredients

Wraps

Sauce of choice – We mix bbq and tomato

Cheese – The pizza cheese already shredded is a great fridge staple

Any toppings you like, we like

Any meats – ham, chicken

Tomato

Avacado

Pineapple

Method

Preheat oven 200(ish)

Place sauce on wraps

Add cheese. Cheese like garlic is always added liberally

Finish off with toppings of choice

Place in oven til cheese is golden brown

ENJOY!



Mother's Day Gift Ideas

If you're unsure of what to get the leading lady of your life, let me help.

(Full disclosure this may just be a list of things I wouldn't mind, in case my family are in need of suggestions....)

A day with no decisions

Just picture it – what's for dinner?

'I don't know'

It would be an actual dream

An uninterrupted Bath/Shower

Honestly, this doesn't need an explanation, it's just basic self-care

A candle

Basic – Maybe.

But they're cute and mask the smell of the house while looking cute

A new cup/mug

YESSSSSSS

Extra point if its massive, witty or has a reference to something I love

Pyjamas

Let me be clear, we will never not want this. Make it baggy, make it comfy and you're on a gold mine baby!

A Card

10000% this put pen to paper and the tears will fall

Be present

Laugh at our jokes, listen to our stories, remind us that we are people with worth

Flowers

Pick some, draw some, we are not fussy I guarantee you it is the thought that counts

One Day no fighting

Don't laugh this is probably the most sought after gift of all mothers. Just be friends, thats it, love each other as much as we love you

Let us pick and don't complain

This is different to no decisions, it is in fact the only decision we want to make, let it be what we watch or where we go, but when you ask me, after I politely go no I don't mind what do you want, after the endless motherly sacrifice, when I answer just say ok



Flourish



Hi,

My name is Skye.

First, I must say that writing is not one of my skill sets, at all. So, this is out of my usual comfort. I have hope that you find this part of my journey somewhat empowering.

I am a twenty-seven-year-old mother of three children who lives in a small country town on the Mid-North-Coast of NSW. I have two boys (one living, one angel) and one little girl. My oldest has just turned four and my littlest is seven months, time is flying!

Have you ever just felt like you are ready to just flourish? To spread your wings and fly. To leap out of your comfort zone?

Well. This is just me at this present time, and this is how it started.

With our third baby and our rainbow child finally here to enjoy our time and life with it felt easy for us to fit her right in to our family.

I was exclusively breastfeeding and would to have liked about six months off with her on maternity leave, two of which would be unpaid. With this economy I was probably dreaming – and I was.

I have casual employment as an Early Childhood Educator and my partner works full-time.

Expenses started creeping up on us, I had to think about going back to work even though I dreaded not being able to spend as much time as I'd hoped with our new baby. I was hesitant, though trying to juggle and manage finances and trying to find ways to stay home with my little precious wasn't working as well as planned.

Luckily for me, as I stated I work in childcare, so my employer is very encouraging when it comes to breastfeeding as little miss was exclusively breastfed. I was also lucky because I was able to put her on the waiting list as soon as possible and thankfully obtain a spot for when she was born. I felt so lucky, though after working for a few weeks, breastfeeding exclusively and working felt a bit 'hard'. I found that I didn't like to get 'interrupted' as such when I was working. I quote because it wasn't exactly hard or getting interrupted, I love being able to breastfeed my baby, though it just wasn't right for me. My heart and my mother instincts felt horrible for thinking such a thing, because I love breastfeeding! Expressing and bottle-feeding breast milk was an option, though it seemed so daunting. This is because it was so new using bottles for me as I had exclusively breastfed my eldest for over a year and was able to spend over a year off work with him.

I thought about what was best for me and my baby A LOT. I spent a lot of time weighing up the pros and the cons and it was so hard for me.

I have a wonderful team at work who encourage me, I also have a great friend who was also in the same position. They'd given me so much encouragement and information.

I decided to start expressing and using bottles for day-care and breastfeed through the night and day where I was with her. It took a bit to get use too, but it has started to work great.

She can have her needs fulfilled without me present, there is no tears or confusion when she is at preschool.

It turned into a sigh of relief for me, I think I was so hard on myself and for having high expectations and differences this time with work and feeding.

The relief was more so the fact of me knowing she has everything she needs even when I'm not there and doesn't need to wait on me or rely on me 100%.

With this came a sense of being able to BE my own self, to enable me to have 'freedom' without my baby and knowing she will be perfectly fine.

It's time to flourish.....

Now having the confidence and knowledge of our little sweet taking bottles of expressed breastmilk got me thinking how I can flourish into my own self a little more.

Being a mother takes so much of who you are and were, your interests are hard to continue for some (like me). I won't bother hurting your head with the lists of day-to-day tasks I do throughout the week; you will probably stop reading ha-ha.

This brings me to the next part of my story; I had created a private photography group for my own photography just over a year ago now. I had been taking photos for years and had received my first camera as a Mother's Day present, I am ever so grateful.

I love photography, the magical moments in time we have together on earth, the in-the-moment capture of time we will never have again.

I thought it was time I got back on that road and keep proceeding on with 'me' and my hobbies. Pregnancies, work and then a newborn slowed me down a little, though small steps throughout kept me motivated to continue.

I took on childcare work, small photography jobs. I also booked myself in for classes around photography, some days were twelve-hour days plus for me and I was breastfeeding and still getting up through the night.

I am determined to get to where I want to be.

I have since jumped 'open' and my flower has flourished a few more petals. I have opened up a public photography page 'Bee Magic Photography By Skye' after completing my photography courses. I have also recently obtained an Australian Business Number for my small photography- Well, now, business! I am over the moon.

Through this time, I have had support from my 'Stem' my family members and friends encouraging me to flourish at my best and believing in me to keep striving.

I have recently been given such an amazing opportunity that I am truly well grateful for which will not be complete until next month. Maybe I just might share the finished product, I am so excited to see this organisation put the project together!

I am continuing with my small business plan and my small business dream as a Photographer. There are still more petals to my flower to flourish- slowly but surely, I will get there.

Through this I have now realised, its ok to get out of your comfort zone, you have too to flourish and keep doing it. Never get comfortable.

As for balance, currently I have learnt its ok. Its ok to try new balancing acts, it may just be more beneficial for all then what is facing you in that present moment. It may be scary but what could flourish out of something so little can be life changing and magical for you and your family.

You never know how many petals are on your flower.

Chase whatever it is you are wanting to create, as words from a wise woman who I cherish, "invest in her" and that she did, which I am internally grateful for. If you would like to follow me on my journey you are most welcome to follow my page 'Bee Magic Photography By Skye'.

I thank you so very much for reading my short story, I hope this was somewhat empowering to you and I hope whatever dreams you have come true for you in this lifetime.

Continue to flourish beauties.

Lots of Love and well wishes,

Skye

Facebook: Bee Magic Photography By Skye





DIY Creepers!

If anyone else has a child that's made it anywhere near a screen recently, chances are they are Minecraft obsessed, we decided to make some DIY creepers, not only where these super easy to make, they were also super cheap!

While they won't explode on you or your little one, they are a good way to keep them busy

You'll need

Play dough - we used the anko brand, we got these for \$1 a tub

Green paper

Black paper

Sticky tape

Black Texta

How To

Measure your playdough length

Cut paper to fit play dough length

Wrap paper around dough - you may need to fold so it will meet evenly then add sticky tape

We cut out black squares for the eyes and mouth then stuck on with sticky tape

Use Black Texta to draw on square feet

Enjoy!

Dont forget to tag us if you try this at home



you are enough





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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