

# THE LAZY PARENT

PARENTING – SIMPLIFIED

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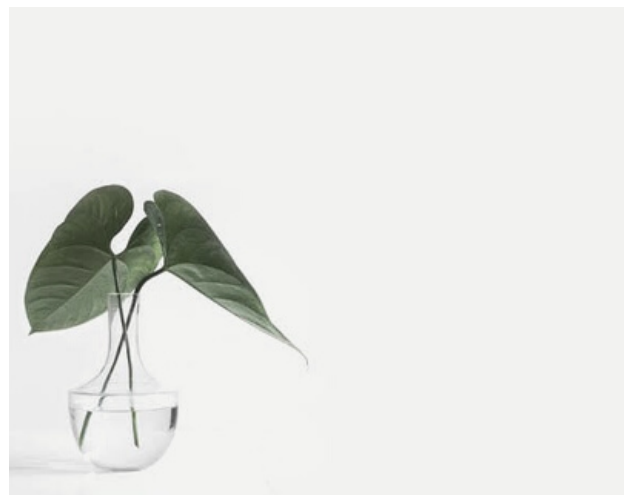
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Visit

[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.



# 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. I cannot believe this is our 9th edition. How quickly time flies when you are having fun

This month we say goodbye to our regular contributor from REnYOU. They have had some amazing changes occur and are stepping away, I have absolute faith they will return one day and until then I want to say a heartfelt thank you for all their sharing and contributions. It has been an amazing journey with you, one I am beyond grateful for.

I want to thank all our amazing contributors for sharing their time and expertise, this is something they do monthly and for free, sharing their time and wisdom for our community. This would not be possible without you all and I am so so grateful!

This space is a way to create 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.

As always thank you for being here, this space was created for you all and is not possible without you. We encourage you to share with all those you feel may benefit; we look forward to continuing to grow something beautiful with 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.



We are allowed to live lives we enjoy

It is not something we need to earn or deserve

It simply is our responsibility to allow happiness into our life and make choices to ensure it stays

I hope you can find ways to live a life you love





## Reminder

*Breathe! Because I know we all need a  
minute to slow down.*

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Okay!



# Coloured Sensory Rice

## Ingredients:

- White rice (uncooked)
- White vinegar
- Food colouring



## Steps:

1. Measure 1 cup of rice into a container or oven bag.
2. Spoon in 1 teaspoon of vinegar (or lemon juice as an alternative).
3. Add food colouring (the more drops, the deeper the colour).
4. Cover the container or twist and hold the bag, and shake vigorously to disperse the colour evenly.
5. Spread the rice out on some paper towel or in a tray to dry for at least an hour.



## Coloured Sensory Rice

Learn how to colour dry rice with food coloring for quick and easy sensory play!

Coloured rice makes an awesome sensory base and is one of our favourites to use at parties and incursions. We also sell coloured sensory rice on our online shop in a variety of colours and colour combinations if you are not in the position to make your own but still want to experience what the fuss is all about.

### Ingredients:

White rice (uncooked)  
White vinegar  
Food colouring

### Method:

1. Measure 1 cup of rice into a container or oven bag.
2. Spoon in 1 teaspoon of vinegar (or lemon juice as an alternative).
3. Add food colouring (the more drops, the deeper the colour).
4. Cover the container or twist and hold the bag, and shake vigorously to disperse the colour evenly.
5. Spread the rice out on some paper towel or in a tray to dry for at least an hour.

### Note:

You can make a bigger quantity of coloured rice if desired...just adjust the measurements. You can also do several colours in different containers and mix them together for a rainbow theme!

Play with clean hands and store in a ziplock bag to reuse.

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

#colouredsensoryrice #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 and the products that we sell:  
[www.sensoryplaypacksandparties.com.au](http://www.sensoryplaypacksandparties.com.au)

## ***The Complexities of Parenting***

### *The Lazy Parent*

I don't usually have an order for when I write, something usually happens that I go this could be something someone else could relate to, other times I take pictures and have words that can work around it, today however I did something I rarely ever do and picked a title first, I'd picked it with a story in mind but as I re read 'the complexities of parenting' my mind began spiraling to a thousand other topics I could write for this.

I began thinking about the situations we so often don't want to be in but do so for the sake of our children, the play dates, the play groups, the awkward small talk and I've found I've even begun to take it one step further recently to a lovely anxiety spiral fearing if I am not good enough my 5 year old will be judged by that and he will never have friends - what a fun and joyous thought pattern. To be clear he has heaps of friends, 23 in fact, I know because he told me last night, he did bring it down from 26 (his class number) because he has enemies, again his words not mine. Don't worry the enemies aren't due to me being uncool, he's classed the school bully and "sweary" kids in that bracket.



I remind myself that my children are their own people. Able to make their own decisions, choices and friendships. That while that inner voice is telling me my impact can be so detrimental, the more logical part of my brain reminds me there is so little in our actual control in this world and that (reassuringly) my impact is not that great.

I'm learning more about how we are all flawed and ultimately just people. I had a friend starting a new job, she was anxious as we all are about a new environment and an array of new people. We spoke at length about how they are just that.

People.

Likely, strange, normal, boring people, people with rents and mortgages, people

who at times most likely live through their children and probably partners not really liking them. People having office dalliances, complaining about reports and paperwork due. Very normal and average people living very normal and average lives.

We spoke about how often we give too much power away to usually disappointing and very average people and while it was a pep talk for her it was something that I desperately needed too. A reminder to not take to heart other people, to remind myself my worth does not relate to another person's interpretation of me. That while I am in the throngs of parenting, attending morning drop off and afternoon pick ups, P&C meetings and birthday parties, the depths of parenting we submerge ourselves in in the hopes our children can be shown happiness, it's ok to remind myself that the people there are just normal and ordinary people and to not take their actions to heart.

That I (unfortunately) get to control my happiness. That my choice is to do these things for my children but I can also choose my level of involvement and impact these situations have on me

I know this is echoed so much through other parents, we know the importance these connections have for us and our children but out of apprehension we hold back, usually due to mistreatment by other people. For years I ran parenting groups and would encourage friends to come, they would be nervous at not the event but how the other parents there might treat them, it's always at the forefront of my mind to not be that anxiety inducing parent, the one that makes other people feel pushed away or not allowed in a certain space.

So to the parent out there getting ready to face a play group, a p&c, a birthday party or whatever else you have planned to support your child having a normal and happy life, please know that in all aspects of your life people very rarely respond to you as you are, they respond to us as they are. As the person they need to be. Our responsibility is to decide the type of person we would like to be, the parent that welcomes others and makes sure no one feels left out or alone.

It's up to us to be in control of our happiness and our joy.

To find people and places we enjoy, to listen to music, to watch movies, to go for walks, to sit in the sun, to read books we love, to do each and every thing we can to incorporate love and happiness into our everyday lives so when we face the people who don't we can understand their treatment of us is on them and not a reflection of who we know we are



# How to support your child's mental and emotional wellbeing

Make time each day to talk and listen to your child

Tell them you love them, no matter what

Encourage good sleep and a healthy, balanced diet

Talk about, recognise and label emotions with your child

Have regular family meals together

Enjoy time with your child doing activities they like

Be sensitive to their cues, signals and behaviour

Be positive and consistent when guiding their behaviour



Photo credit unknown



# World Breastfeeding week

*August 1 - 7*

Picture it Sicily, 1879, although that might feel like when my breastfeeding journey began it has actually been a little less than that.

I have been breastfeeding for 5 consecutive years, transitioning one child to the next, through pregnancy, covid and the dream that is solid sleep, and yet despite it all I would not change it for the world.

I'm one of those "I don't care where I feed if my child's hungry, I don't see the point in making them distressed for a hypothetical other person's comfort" my children have been confident enough in this and often pull my tops down. All shirts can become breastfeeding shirts if you stretch the neck enough. That said, I always had a fear of someone commenting on my breastfeeding, I'd forward plan my hopeful bravery if someone ever said something to me publicly, but the closest, I have ever come is this. I was in a shopping centre sitting at a chain cafe, there was an older woman there and I noticed her looking over, this was at the start of my breastfeeding journey so I was confident but not fierce, she ended up coming over and I nervously shifted myself, she looked

down to my baby and we exchanged some pleasantries, I could tell it was coming and I braced myself, she told me she wishes she had been able to feed like me, it was a conversation I did not expect to have, one of support and encouragement, she shared in her time breastfeeding was not encouraged publicly, she bravely shared the shame that one was expected to feel at this time, I think back now and my eyes still fill with tears not only for her sharing her story with me but how lucky I was to be in a time where I could confidently sit in a cafe and feed my baby.





I will not say something super corny like breastfeeding is superhero's work, because I want to acknowledge that not everyone has the support or resources to breastfeed or may still be living in unnecessary shame.

This sharing of stories is not to minimise your story but simply sharing ours

(Also, Supergirl's leg is like that because I had to edit out a child. I choose not to share my children's faces so I ethically can't post another person's child especially without checking with the parent's which time precluded)

This edition of the lazy parent we are beyond thrilled to be able to share similar stories, for ourselves and for those of us that couldn't

### **Meera's Story**

Breastfeeding is one of the hardest and the most empowering things I've done in my life! I have been breastfeeding for nearly five consecutive years including feeding through pregnancy and tandem feeding for two years (and still counting). Before I begin my 'story' I want Mums reading to know that breastfeeding isn't linear. There are going to be times where you feel like nailing it and some days the struggle is real. What I have come to realise is that getting evidence-based support from a reputable source is the key!

My journey too has been far from linear. My husband and I were fortunate enough to attend a Breastfeeding Education course run by my local Australian Breastfeeding Association (ABA) group. It gave us all the theory, including how my husband can help give us a good foundation of our journey. However, once my son arrived, we underestimated how much the pressures of new parenthood would throw a spanner in the works. Due to oral restrictions coupled with being jaundiced my son struggled to latch and ended up spending two nights in the NICU. The hospital pushed for formula and put me on a pumping routine before discharging. Once home, I was struggling. All the time spent pumping and feeding wasn't leaving me any time to sleep. I was in constant pain from severe engorgement and couldn't see it being sustainable. I was very close to giving up but part of me was adamant to breastfeed. This is where I thank my stars that amidst all that stress, I thought of reaching out to ABA again. I rang their toll-free helpline and spoke to the counsellor who in between my many tears managed to calm me down and got me in touch

with a local International Board Certified Lactation Consultant (IBCLC). With their support I was able to gradually wean off pumping and exclusively feed my boy.

A few years later when I fell pregnant with my second, I was more informed about my options and had 'lined my ducks' before my daughter was born. I was in conversation with my local ABA counsellor throughout my pregnancy and had made an appointment with my IBCLC whilst I was a few days shy of giving birth. A new baby came with a new set of challenges but I consider myself fortunate to have had access to trustworthy support. Despite several ongoing challenges I am proud to say my daughter and I have just completed two years of our breastfeeding journey!

So, to many Mums reading this, seasoned or new, get informed, access evidence based information, reach out to your local ABA group and moreover surround yourself with other mums that cheer you on. I definitely couldn't have gone on breastfeeding without my cheering squad!



### **Casey's Story**

My breastfeeding journey started off quite difficult for the first year. My first son was born at 37 weeks. He appeared to be latching okay but would fall asleep on the breast and lost a significant amount of weight. Although the hospital was trying to push formula top ups, I'm so glad I had the intuition to persevere with exclusive breastfeeding. I felt like my supply was more than substantial enough and started to syringe feed in hospital and then express and top up when we got home until his weight was back on track. He gained weight beautifully over days and weeks following but kept struggling to feed properly. Midwives and the nurses at Community Health weren't concerned as he was 'putting on weight'.

Something still didn't sit right with me though.

It shouldn't have been this hard to feed and settle him. After having coffee with a



friend at around 8 weeks postpartum and venting about the struggles we were facing, she mentioned that she was seeing an IBCLC (International Board Certified Lactation Consultant) and recommended I book in for an initial consultation and feeding assessment. I did just that. Another new world opened up for us at that appointment and I was finally educated and supported with reasons why he was struggling to feed efficiently and what we could do about it. The IBCLC said we were lucky I had such an oversupply of milk as it was just falling into him without much work on his part. He was struggling to latch properly and to efficiently drain my milk due to oral restrictions (lip, tongue and cheek ties). I couldn't believe this hadn't been picked up in hospital or subsequent midwife or community health visits but soon learnt there are very few properly trained and qualified in the controversial topic.



After we went through weeks of body work at a Chiro, the revision of the ties and the oral and body therapy that followed, we were also delving into the deep rabbit hole of CMPI (Cow's Milk Protein Intolerance) and other intolerance investigations under a dietician who specialises in infants and breastfeeding. I was on a strict elimination diet for many months and lost lots of weight with still no final insight into what was causing all of his gut issues. I threw in the towel with the diet when it was severely affecting my mental health and just focused on trying to find the daily 'glimmers' at home with my son.

One thing for sure is that I was so thankful I was determined enough to get through that first year of breastfeeding because feeding into toddlerhood was the ultimate blessing. I was able to comfort my son for naps, sleep, tantrums and pain. It's true when they say 'breastfeeding is so much more than milk' and I savoured every second of our journey.

I ended up continuing to breastfeed throughout my next pregnancy and then tandem feed for over a year after the birth of my second son. This was something so truly special and something that I will forever be grateful for. We had very similar restriction and intolerance challenges with my second as well but because I was much more







educated and experienced this time around, we were able to address these earlier and more efficiently than we did with my first.

I'm due any day now with baby #3 and I can't wait for more years to come where I'm breastfeeding and comforting another child through their early years. The connection we form with our children while breastfeeding them is something else and worth every second of worry, pain, tears and exhaustion.

If you are struggling with breastfeeding, I urge you to find support and a suitable IBCLC near you and invest in the journey. It's worth it. You're worth it. Your child is worth it. Surround yourself with likeminded mummas and relish in the gift you're so selflessly giving your babies.



*For more information or support the Australian Breastfeeding Association has a range of supports available with more information available here <https://www.breastfeeding.asn.au>*





## Doing for vs Supporting to

One of the things I am constantly learning, look I say one of the things as if there's not many but parenting is a constant journey of growth and adaption and in that there is a sea of one thing's I am mindful of, but for right now I want to talk about the difference between rushing in and doing things for our children as opposed to supporting them in doing it for themselves.

You see, I often rush in, I do it under the guise of being helpful, or simply making things easier, saving time and being efficient, and while there are times when this is needed, there is also times when this is a disservice to myself and my children. By doing everything for them we are in a sense telling them they can't do it, we also take away a valuable learning tool for them. Incidental learning is my favourite way of learning, teaching our children (and ourselves) without us even realising we are learning something.

The one thing that constantly surprises me is the willingness our little people have to learning new things, they are excited to learn new things, you can see them brimming with pride when they achieve what we perceive to be the simplest of tasks. They love to try and even more so love to show other people what they've learnt.

To be clear I am in no way advocating to leave them alone to navigate the world but instead stand by themselves and guide, I've found children just like the rest of us are wildly different, what works for one child might not work for the next, it is a constant journey of learning and guiding.

Some ways that work for us

- *Get them to 'show' us how to do a task*
- *Divide tasks, we've got x & x to do you pick one and I'll do the other - you're choice*
- *Timers - kids love timers*
- *Offer prompts and suggestions of what you think there is to be done, ask what step you might of missed for them to teach you*

By placing ourselves besides our children and supporting them to learn and develop new skills we are providing them the foundations they need to grow to be successful and independent people.









## Consultancy and Parenting Support

We all know parenting can be one of the most life changing, incredible and equally challenging experiences

At The Lazy Parent we understand the impact this can have on your day-to-day life

With over 10 years industry experience supporting families from all walks of life, we endeavor to truly listen and help you define the areas of your parenting journey you would like to see strengthened

At The Lazy Parent we give you space to minimise your stress, remove the stigma around these feelings and provide you with support that best suits you and your family

We believe in decreasing parental isolation by increasing support which sometimes can be as simple as having someone who can listen to us and understand the place we are speaking from

We offer individualised supports as well as group programs where you can meet and share with other like minded parents

For further information or to arrange your first session please email  
[thelazyparent@outlook.com](mailto:thelazyparent@outlook.com)  
or follow us for parenting tips and links to support

IG [\\_thelazyparent](#)

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<https://thelazyparent.com.au/>

# The Lazy Parent

## CONSULTANCY

The Lazy Parent has the expertise and experience to bring your service vision to life

Let us help you navigate those aspects of service you are desperately wanting to strengthen

Consultancy options could look like;

- Assistance compiling support material, pamphlets, service literature

- Training and development

- Program writing and implementation

- Community engagement

At the Lazy Parent we are passionate about working with you and your services on what you need and would like to develop, with expertise in;

- Best Practice Group Work

- Case management and coordination

- Community engagement and education

- Program development

- Training and education

- Quality assurance and reviews

- Data analysis and support

- Consumer guidance and feedback

With over 12 years industry experience we are confident that we can provide the support and expertise you require to provide a more rounded service to your clients **\$50+gst**

**CONTACT US TODAY**

THELAZYPARENT@OUTLOOK.COM  
THELAZYPARENT.COM.AU  
0431 528 524



### **Nutella Ice Cream**

One thing we are beyond passionate about here at the lazy parent is simple and easy ways to make your life a little bit easier & more delicious

You'll need

- An empty Nutella Jar
- Spinkle of salt
- Teaspoon of Sugar
- Thickened cream
- Extra delicious bits (if you feel inclined)

Pour thickened cream into empty Nutella Jar, just under the rim  
Add in other ingredients  
Shake it like a polaroid picture

Freeze for 4 hours

Enjoy!





## 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)

### **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)