

THE LAZY PARENT

PARENTING - SIMPLIFIED

DECEMBER 2022 EDITION | NO. 1

THE
Lazy



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WELCOME I'M SO GLAD YOU'RE HERE

How exciting you are here to join us for our first edition of The Lazy Parent. Our dream is to provide easy, affordable and relatable Parenting content every month.

This month we have an array of parenting resources from tips for surviving the silly season to sensory play and a gift giving guide. Each month we will have an array of varying articles, if you have a topic, you would like covered or would like to feature, please get in touch today.

From the bottom of my heart, I thank all our amazing contributors who have provided something incredible for you all. Everyone is an expert in their field, and I am beyond grateful for their support and contributions

Together we can create something truly beautiful for anyone in the role of raising a child

Think of us as your late-night friend, a shoulder to lean on, and a place for nonjudgmental release.

If any of our contributors resonate or to find our more, we have provided the best way to access them linked to each article, please do not hesitate to follow along or get in touch with them - I know they would love it

And finally, to you dear reader, I am genuinely so grateful for you to be here, I hope you can find a way to feel supported and connected each month in the pages to come

SELF

WHAT I MEAN BY PARENT

There's a lot of different ways we can become a parent, either through birth or through choice.

At the lazy parent we are aware of the diversity that takes place when we 'parent'. Unfortunately, we are yet to find a term that encompasses so perfectly the magnitude of people involved in raising children, either through direct care, emotional and financial support, or a myriad of other ways that allow our society to function

We want you to know that when we use the term parent, we are speaking to anyone in the role of raising a child, so to the siblings, cousins, grandparents, carers, partners, we see you

We understand the complexities that come from these roles and our motivation through the lazy parent is to provide resources to everyone with the privilege of being in the role of raising a child

Monthly Affirmation



Affirmations are a great way to focus on our subconscious language and choose to reframe our thoughts to that of a positive nature. This is an important habit to set for both us 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



RECLAIMING LAZY

Just because you think something doesn't make it true

Ahlia Griffiths

I get asked a lot - why 'The Lazy Parent'?

People are often taken aback by the word Lazy, and struggle with an initial negative reaction to it.

I try and explain like this

You see, our language matters, the language we use to describe ourselves, the people in our lives, our kids, our partners, anyone we are interacting with, it matters. The more we think a thought the more our brains believe it to be true, regardless of the thought being negative, positive or true - thanks science...

So, knowing that how can we avoid those negative self-talk loops, and that's what led me to reclaim the word lazy

So next time you're calling yourself Lazy, is that what you really mean? Or do you mean, strong, resourceful, resilient, surviving, living and parenting at your own pace. Let's not keep letting other people decide how we get to see our 'self'

Let's reclaim how we talk to ourselves

HONOURING OUR BOUNDARIES

As the last chapter of 2022 draws to a close we find ourselves in the final push as a fresh new year shines on the horizon. December brings with it a combination of social gatherings, family get togethers, added financial stressors, summer vacations, emotional squeals of delight from excited children. This can be a great time, but a stressful time for some. It is important to consider our physical, mental and emotional wellbeing during this time to allow ourselves the best opportunity to experience the joyful happy times.

I would like to discuss 'boundaries', it is a term used to describe the limits to our tolerance, the line in the sand, the point at which we will accept or not accept something. We might notice when some people have very broad boundaries and are able to tolerate or accept much more in their day than we are. We might question ourselves and our ability to acceptance or likability due to not doing as much for others or why others don't want to do what we ask of them.

Our boundaries are sometimes what keeps us safe and comfortable, but, sometimes they are what keep us stuck or unhappy.

When we are nurturers and carers of others and willingly continue to give of our time, love and resources, we can find it difficult or even unthinkable to say 'no', regardless of who it is.

When we begin to feel tired, depleted, drained and exhausted, how do we shift the expectation others have become to know as 'normal' of us? How do we ensure we are respectfully heard and our shifting boundaries honoured.

The first step is to be aware you are able to decide differently and strengthen your boundaries if you feel you need to, they are your boundaries after all. The same is true for relaxing our boundaries, noticing where you are able to do something you usually would not

How do we know where our boundaries are?

This is an individual and personal evaluation.

We begin by taking an honest look at the people in our lives and the value and meaning they hold for us. We need to ask ourselves how we feel with each person, if these people raise us up, leave us feeling energised, inspired, happy about ourselves and our life. Typically, these people will give honest feedback and opinions with the true intention of a good friend or loved one.

ARE YOU LEFT FEELING
ENERGISED OR DEPLETED?

They are stable, consistent and accepting of your views and dreams, wanting to see you succeed and be happy, without 'costing' you or having negative consequence.

There may be other people who might leave us feeling drained, needing a nap, questioning our worth, value or purpose in life. Typically, these people will tell you things that will be of benefit to themselves, half-truths, will defend themselves saying they 'were only joking'. They leave you unsettled, depleted, their 'friendship' is based upon your usefulness to them, there are often consequences if you become uncompliant.

MAYBE I CAN DO SOME OF THE THINGS,
BUT NOT ALL OF THEM

Once we begin to notice the impact those around us are having, we might see a few changes are needed. This can perhaps be difficult, confronting and feel uncomfortable. Here's some great news, small changes or adjustment can make a huge difference.

We could decide to agree to some of the things, not all of the things. We could decide to compromise, delegate, share the responsibility, brainstorm a 'third' option. Choosing what feels right for you will build your sense of worth and your ability to experience a more purpose-filled life. Those around you will see the positive change in you and will want the same for themselves, you will have been a living example it is possible.

As parents, we wish the best for our children. We want them to feel happy, valued, fulfilled and independent as the unique and shiny individuals they are. They watch and listen to our every move, therefore, it is important for us to show through example, how to have strong healthy boundaries, so they too can have the same.

Our communication is key. Being listened to and feeling heard creates a positive pathway, just as listening well and hearing what others need to express. Lets' face it, there are situations where healthy open communication is just not possible

Sometimes the healthiest solution is to choose not to share all of our thoughts and opinions but to mentally 'agree to disagree', especially when we are aware it is a big topic. Choosing the time and place to discuss the big topics can be very important for our physical, mental and emotional wellbeing.



So where can we start? What can it look like during this time where we begin to gather together with family, friends and colleagues as the summer holidays and the annual Christmas festivities make their way into our lives, surrounded in the swirls of warm breezes, pavlova, gift wrap, visitors, water play, earlier mornings and later nights.

Effective strategies to consider:

- Expectations and overspending can easily get away from us if not given attention, planning and budgeting can be helpful.
- Being clear what our available spending is and sticking with it can be a great idea.
- Budgeting through the year and saving for Christmas or holiday activities.
- Agreeing with family to a number of gifts or amount spent for Christmas.
- Sharing the load for family feasts by each bringing a dish to be shared.
- Remember, we do not need ALL the gifts at once, we have many other opportunities to give gifts to our children and loved ones.
- Limiting time with those who we know have a less positive impact on us.
- Sharing children's sleepovers at each other's houses across the holidays.
- Planning ahead for outings.
- Make a list of possible activities for the holidays, place each one on a card, randomly select one each day and do that. Ensure to include quiet solitary activities along with group/family ones, no-cost along with paid ones.

The important thing to keep in mind is this, you can continue to make adjustments, small changes and do things differently if you find it is impacting your boundaries and your happiness. Respect for self and for those you care about is one of the keys to a safe, happy and fulfilling pathway through the coming holidays and festivities and to the doorway of a fresh new year together in 2023.

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AM I LISTENING TO MY OWN BODY
TO HEAR MY OWN NEEDS?





MONEYCARE

We spoke with the experts at Money care, a program ran through the Salvation Army. Moneycare is a free and confidential service and very much focused on an individual's overall wellbeing. They have an Intake Phone Line (1800 722 363) if any community members are struggling financially and would like assistance from a financial counsellor to get on top of their debts (or even just want to prepare a budget). Appointments can be by phone, Teams or in person.

Find your own meaning

Family traditions become more precious with time.
Most people love either continuing established family traditions or creating them with their own families, but not many people can easily name a gift they got ten years ago

Share the load

Pot luck gatherings where everyone brings an item to eat is another easy and inexpensive way to manage celebrations

Home and Heart Made

Making salt dough Christmas tree ornaments, homemade confectionary, is a really personal and often very inexpensive way to contribute to those future memories as the decorations go on the tree year after year if we look after them and store them carefully.

Planning Ahead

Setting aside a set amount of money each week/fortnight/month to pay for Christmas and slowly adding non-perishable or items that can be frozen and used at Christmas can reduce the cost of food when we have visitors or want to have something extra special at the Christmas dinner table.

Be Aware

Being aware of hidden costs with some borrowing avenues such as payday loans and buy now pay later products (set up/late fees, multiple different accounts that make it harder to budget or know what the true cost is) and utilising lay buy if possible.

Moneycare also have an online resource for people who want to increase their financial literacy and skills:
<https://www.salvationarmy.org.au/need-help/financial-assistance/youre-the-boss/>

THE HAPPINESS WE CONTROL

It's hard when you love someone with an intensity stronger than you've ever known. I look at my beautiful little babes and want to make sure they live a life they can love and look back on in a way envied by many. I want them to live a life filled with memories and will do everything in my power to protect them and keep the monsters away, but here's the thing, while I can support their happiness, I cannot control it.

You see my role as their primary carer is to make sure their needs are met, they are safe, fed and loved, I attempt to ensure our days have an element of fun, there are things to play with and craft to make, and while all that has been my choice to provide, what they choose to do with it is up to them, and that is a beautiful thing. We can never and are never responsible for another person's happiness, the choice for happiness is an individual responsibility

While this may seem overwhelming, it can also be freeing, you see we don't have the ability to control another person's happiness, all we can do (particular as parents) is ensure their needs are met and hope we've provided enough love and care to guide them through their rough days

So often we forget our children are human too, we forget they have good and bad days, we expect these perfect beings Immune from reactions and emotions, while developmentally that simply cannot occur. Think about the adults in our lives, how many of them could stick to the strict standards we expect our children (who lack the cognitive ability) to adhere to?

So, while we have the ability to provide the space for happiness, we cannot control it's ability to arrive - take peace in that and know you are doing the best you can

**There's freedom in
letting go**

Ahlia Griffiths



EASY NO-COOK PLAY DOUGH

This beautiful play dough recipe uses just 5 ingredients and takes only 5 minutes to prepare, even with the help of your little person(s)!

Ingredients:

2 cups plain flour
1 cup salt
1 tbsp oil
1 cup cold water
2 drops food colouring

Method:

1. Mix the flour and salt together in a large mixing bowl.
2. Add the cold water, oil and drops of food colouring, and mix.
3. When your ingredients are well combined, tip them out onto a flat surface.
4. Knead* vigorously for a few minutes, until the dough looks and feels like play dough.
5. It should be ready for some great sensory play! Play dough is great for building fine motor skills as children develop strength in their tiny hands and fingers for fine motor movements. It's calming, fosters creativity and fun for children of all ages.

Note:

If your dough is too wet or sticky, add more flour.

If your dough is too dry or crumbly, add more water and/or oil.

*Kneading is when you push, press, massage, squeeze, roll and fold your dough to fully combine the mixture together.

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



SURVIVING THE SILLY SEASON

SELF CARE EDITION

While we are busy making sure everyone else is feeling special and living their best magical time of year lives, let's not forget to make sure we are living as close to a magical time as well.

Now, we may not be able to control those around us, but we can control our reactions and here we share with you some tips and tricks to help you allow yourself some grounding and space

It's not uncommon for us to feel overwhelmed, at any time, but particularly now. This grounding technique is well known for a reason - because it works

Start by allowing yourself some space - physical, emotional you know what your body needs best, then begin to focus on your breathing, notice your breath in and the breath leaving your body, feel your chest rise and fall, feel your breathe sink further into your body.

Next you need to notice what's around you

Notice 5

Things you can see - whats around you?

Notice 4

Things you can touch - what do they feel like?

Notice 3

Things you can hear - where is the sound coming from?

Notice 2

Things you can smell - Is it close or far away?

Notice 1

Things you can taste - Is it a good or a bad taste

By allowing ourselves this simple tool it allows us to calm our body and provide a grounding experience to bring us back to the present moment

Self-Care will look different daily and that's ok.

What works today might not work tomorrow.

**The focus instead is continuing to look for ways to provide us
calm and release
You Deserve That!**



OUR QUICK AND EASY 2 INGREDIENT NUTELLA CHRISTMAS TREE'S

YES YOU READ THAT RIGHT, 2 INGREDIENT CHRISTMAS TREES - PERFECT FOR CHRISTMAS LUNCH, EVENTS IN THE LEAD UP OR STRESS EATING IN THE PANTRY WHEN NO-ONE'S LOOKING BECAUSE IF I HAVE TO MAKE ONE MORE DECISION I MIGHT EXPLODE

What you'll need

Nutella
Frozen Puff Pastry



How to make it

1. Let Puff slightly defrost
2. Preheat oven 200 degrees ish
3. Cut Puff in middle to make one large triangle
4. Spread (to your hearts content) Nutella, not only are our recipes quick and easy, we also don't judge!
5. Use remaining two off cuts to mould together in triangle shape and place on top of Nutella triangle, so they are the same shape
6. Cut tree trunk in bottom (keep the off cuts)
7. Slice even lines horizontally, don't slice whole way through
8. Once cut just grab and twirl baby, grab and twirl
9. Bake at 200 for around 15 – 20 minutes, honestly, I trust you, just keep an eye on it.
10. Now I know we said two ingredient – but if you're feeling fancy this festive season you can do an egg wash – or just some melted butter over the top layer while it bakes
11. If, like me you don't enjoy waste you can shape the off cuts – I did two triangles and made a star, then some squares to look like Christmas presents – equally you can just make tasty little treats for you to snack on
12. This simple and easy Nutella tree is ready in the amount of time it takes you to cry over running out of sticky tape on your second last present
13. Enjoy!!

December Makers Guide

At the Lazy parent we are passionate about supporting parents in business. We have compiled a collection of incredible businesses to make your festive season choices a little bit easier - let us know what you end up getting!



The beautiful Alana from Emily Joy Creations, you know I love what you do, but for those of us who might not know you yet, what do you create?

Hi, I'm Alana from Emily Joy Creations. I make a variety of apparel, accessories and gift boxes. I specialise in custom designed apparel for everyone.

This is going to be hard, but out of all your beautiful designs what would you say your favourite is?

Tough question! I love all my designs but my favourite would have to be 'Do What You Love'. It has symbolic meaning. It was also fun to design and then see the completed item.

Leading up to Christmas what do you say is your favourite way to celebrate the festive season and the end of the year?

My favourite way to spend the festive season is by taking my two young girls Christmas Light looking. Seeing the joy and excitement in their faces is so magical. Makes all the long days during the year worth it.

And I noticed you have some great christmas editions - I'm guessing your Christmas range is limited

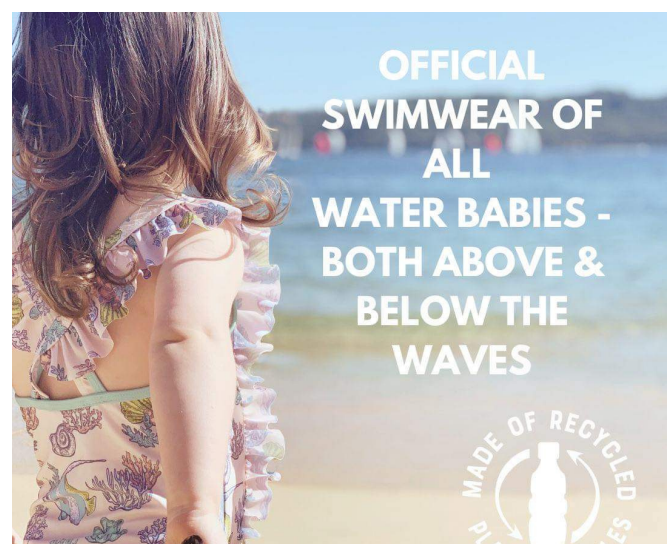
A lot of my Christmas line is limited edition this year - and has been specially designed for the season.

Just quickly, if people want to personalise their orders is that something they can do?

Absolutely, yes! I love a good custom order and the chance to make something one of a kind.

How can we get in touch with you to get our hands on some gifts?

You can find me at local Brisbane markets, Facebook, Instagram, or my website - www.emilyjoycreations.com.au DMs are always welcome day or night to discuss your needs and wants.



Jessica, you have created the most amazing and niche business can you tell us a little bit more about Little Fishy Swim?

We are a sustainable swimwear company for little ocean lovers. Our aim is to make gorgeous, eco-friendly and sunsafe bathers that care for your little water babies, and the ocean they swim in too. All our products are made of recycled plastic bottles and we give \$1 per purchase back to ocean clean up.

What inspired you to start Little Fishy Swim?

I started Little Fishy Swim when on mat leave with my daughter Lila. I was aghast by the tsunami of plastic that entered my life with my newborn, and as an

December Makers Guide

ocean lover wanted to do something to help. Our mission is to help remove 1 million plastic bottles from the ocean by 2025

Now I was looking, and you have the most incredible designs, where do you get these beautiful ideas from?

I find you can never not be inspired when the ocean is your creative playground! Our aesthetic is classic, but still cute. Think candy pastel colours, and playful ocean inspired designs - narwhals, rays, lobsters and more. I have more print ideas than I know what to do with at the moment!

I know I was looking online and fell in love, so you must be a little biased with your designs, do you have a favourite print?

Don't make me pick a favourite! I will say though that my daughter wore our La La Lobster and Turtle Time prints all of last season, and this year I seem to find myself reaching for our best-selling Coral Garden print..

Where can we find out more about Little Fishy Swim and get our hands on some of these incredible designs?

you can find us at littlefishyswim.com.au and [instagram.com/littlefishyswimwear](https://www.instagram.com/littlefishyswimwear)



Ashleigh, you have some of the cutest designs, can you tell us a little about how you got started?

Aww Thank you, When I first had my twins, Ollie and Caleb, I found that I was so overwhelmed with having to care for three kids that I forgot to do anything for myself. I was giving other new mums advice on how to care for themselves and realised I wasn't taking my own advice. I needed to do something for me, and I've always been pretty creative and have loved making things for other people, so that's how CBR Multitasking Mumma came to be. Creating the designs and seeing them put a smile on people's faces has given me so much joy!

What can we expect when we shop with CBR Multitasking Mumma?

You can expect me to do a little happy dance! CBR Multitasking Mumma is the epitome of small business. It's me in my lounge room surrounded by my babies and dog fur, SMALL!

Every product has been designed with the intention of putting a smile on your face. We use quality Australian made fabrics to ensure that we support local and ethical businesses and to provide you with spectacular products.

When personalising products, I love to get to know the customer and what they love to ensure each custom piece is perfect for the recipient.

I am a sucker for a matching set with a mini, do you have a favourite design, especially from your Christmas range?

Every year since my son was born, we have all matched our outfits on Christmas Day, this year all five of us will be donning our 'Merry Chrismutts' shirts and onsies! Outside of our Christmas range it has to be the 'Seal of Approval', although I do have some hilarious designs coming out in some future collections that I also adore.

Your designs are so cute and unique, would you say you find your personality shining through in everything you create?

One hundred per cent! I'm constantly getting groaned at with my awful puns and 'Dad jokes'. I started creating clothing designs for myself, family and

December Makers Guide

friends and was getting a lot of compliments and laughs, so it's what gave me the push to turn it into a business. Everything I release is 'my vibe', if I wouldn't wear it or put it on my children, then it doesn't make the cut. I'm also a huge animal lover and have noticed that majority of our designs are definitely centred around animals.

Just scrolling your store had me laughing! Lastly, where can we find you to get our hands on some of your amazing range

Thank you so much! Please head to <https://cbrmultitaskingmumma.square.site> or hit me up on Instagram @themultitaskingmumma



Laura, you have the cutest range, can you tell us a little bit more about what you make?

Laura M Designs has 3 main categories

1. Our budget friendly handmade baby essentials including bibs, burp cloths and dummy clips
2. Machine embroidery with a focus on hooded towels and finger puppets
3. Homewares including coasters, hanging towels and bowl cosys

I was looking and I can't decide between the bluey finger puppets or a superhero hooded towel, do you have a favourite out of all the beautiful things you create?

My favourite is the coasters and mugrugs at the moments as I'm enjoying using up scrap fabrics to make fantastic gift ideas for Christmas

It's such a beautiful range, what was your motivation for starting Laura M designs

My motivation for starting LMD was a little extra income when we started trying for a family 5 years later and LMD is now creativity outlet for after work my destress and unwind time

What is your favourite thing about what you do?

I love getting to take a piece of fabric and sewing it up into something that can be used for a long time and making it budget friendly

How can we get in touch and get our hands on some of your beautiful goods

To get your hands on some of our creations Facebook- www.facebook.com/lauramargaretdesigns Website www.lauramdesigns.com.au



December Makers Guide

Renee, as the chemfree queen, can you tell us a little bit more about what we can find with your services and products?

Thank you so much! Please head to <https://cbrmultitaskingmumma.square.site> or hit me up on Instagram @themultitaskingmumma

What makes the chemfree queen products and services stand out

My mission is to educate and empower people to get back to basics by whipping up their own cleaning products using low tox safe ingredients that work, it doesn't have to be hard or costly. Quite the opposite. The affects the store-bought toxic cleaners can have on our health is devastating. I have sourced only best quality natural ingredients so you can feel at ease knowing you aren't compromising the health of you and your loved ones.

Which is your favourite product to make

I love making beautiful organic nourishing products to support our skin.

You have so many great resources and products, what would you say is your most sought-after product

From handmade soaps made the old-fashioned way through to nourishing body oils and butters enriched with 100% pure essential oils. I offer something for everyone. Completely free from nasties and synthetic fragrances.

Now we noticed you also have gift packs on your website which are perfect coming up to the festive season, what is the best way we can get in touch to find out more?

The best way to contact me and find out more re giftboxes is via email chemfreeclean@gmail.com



Jess, I just love your Custom designs, how did you get in to cross stitch?

I started in primary school doing kits and eventually taught myself the way I do it and found some images online that I converted into patterns and got my own materials to make my own.

What would you say is your most special design and why?

I can't go past my ultrasound of our special girl I did for our birth announcement. Made from an image straight from the ultrasound image

When you are setting out to create, what would you say your favourite inspirations are?

I love helping people create their own personal designs. I am happy to work with a customer to get the outcome they are after and love how every custom design works out.

And what can we find when we shop with you?

Various adorable premade beginner cross stitch kits as well as possibilities to convey your own images or customize a design we have ready to go with your details.

Most importantly where can we find you to get our hands on some goodies?

Follow or message on Instagram @custom.stitching.treasures
www.customstitchingtreasures.com.au



LINK TO PLAY™

2022 GIFT GUIDE 0-5 years & Sensory Play

Need some ideas on what to get your little one for
Christmas this year?

Link to Play has got you covered!

Below you will find all our favourite toys/resources for each
age group between 0-5 years, including some of our
favourite sensory play recommendations!

Don't forget to head over to our Tik-Tok and Instagram for

some great play ideas
[@Link_To_Play](#)

0-6 MONTHS



**Jellystone Designs
Sensory Balls**



**Jellystone Designs
Teething Stacker**



**Two Little Ducklings
High Contrast Flashcards**



**Jellystone Designs
Sophie the Giraffe
Teether**



**Jellystone Designs
Penguin Wobble**

6-12 MONTHS



**Grimms
stacking bowls**



**Jellystone Designs
TriBlox**



**Fat Brain Toys
Inny Bin**



**Jellycat
Plush Animals**



**Manhattan
Rattle Skwish**

12 MONTHS – 2 YEARS

**Le Toy Van Petilou
Sensory Shapes**



**Fat Brain Toys
Spin Again**



Fat Brain Toys Suction

Kupz



**Kinderfeets 2 in 1 Tiny Tot
Tricycle & Balance Bike**

**Mega Bloks First
Builders Bag**



2 – 3 YEARS

Two Little Ducklings Flashcards



Honey Sticks Bath Crayons

**Fat Brain Toys
Dimpl Duo**



Sarah's Play Silks



Qtoys Pound a Ball Tower

3 - 4 YEARS

Glo Pals



Fat Brain Toys Squigz 2.0

Connetix Tiles



Schleich/Collecta Animals



Jellystone Designs DIY Calm Down Bottle



Hey Doodle Mat

4 - 5 YEARS



**Learn and Grow Toys
Metal Rimmed Counting
Chips
and Magnetic Wand**



Way to Play Roads



Magic Wood Marble Sounding Tree



**Educational Insights
Design & Drill Brightworks**

SENSORY PLAY

**Jellystone
Designs
Rainbow
Rice**



Tuff Tray



Huckleberry sensory Trios



**Rudie Nudie
Waterproof Playmat**



**Learning Resources
Fine Motor Tool Set**



EC Sensory Cotton Sand





DISCOUNT CODES

- **Jellystone Designs**
Use code “ALLIE10” for 10% off.
<https://jellystonedesigns.com.au/>
- **Two Little Ducklings**
Use code “linktoplay” for 15% off.
<https://twolittleducklings.com.au/>
- **Rudie Nudie Playmats**
Use code “FRIEND-X8ZHBZ3” for 10% off.
<https://rudienudiedesigns.com/>

We hope this gift giving guide helps - is there anything you would add?

Let us know @_thelazyparent



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

Remember just because you may feel alone - doesn't mean you are

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 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](https://www.instagram.com/_thelazyparent) FB [@thelazyparent](https://www.facebook.com/thelazyparent) or our website thelazyparent.com.au