

THE LAZY PARENT

PARENTING – SIMPLIFIED

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THE
Lazy



PARENT

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WELCOME I'M SO GLAD YOU'RE HERE

There's a radical notion when it comes to raising children that we can quickly lose sight of ourselves, this varies for many reasons some of us lose ourselves while others find who we have always wanted to be. Either way it is common to forget to prioritise our own needs, when our minds become fuller with more tasks.

Simply put though, we need to make space for ourselves so we can be in a space to continue to care for others.

Each month our amazing contributors put together different resources to help make your experience of raising a child that little bit easier, we hope to share a range of different articles to make your day that little bit more enjoyable

This month we have some amazing things in store for you, be it our sensory play which each month these activities blow me away, a delicious and easy recipe to make dinner time a breeze and our parenting spotlight is an absolute story of hope and perseverance, and I could not be prouder to share this with you.

Lastly, drink more water, we both know you haven't been drinking anywhere near enough. I love you, see you next month.

The way we speak to ourselves matters.

We might not want to admit it, or even think that we should, but often the way we think about a certain thing sets the tone of the truth to it instead of actual fact. The same can be said for the way we speak about and to ourselves.

Considering we are also the longest relationship we will ever have with any one person it is so important to work on that bond.

So, this month, I want you to be mindful of the way you speak to yourself, would you speak the same way to a child or your best friend? If not now is the perfect time to practice compassion



I allow myself to listen to my true and authentic voice - who I am, and what I want matters.

@_thelazyparent

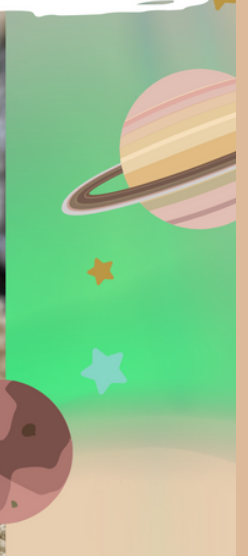
MONTHLY AFFIRMATION

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 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

MOON DOUGH

RECIPE



**A quick,
easy and
fun
sensory
base**



MOON DOUGH

This fun sensory play filler only takes two ingredients and is a hit with all ages! Use it as homemade moon sand for a space set-up, small world beach with mini sandcastles, a little construction site with mini diggers, and even add food colouring to create rainbow moon sand!

Ingredients:

8 cups of plain flour
1 cup baby oil (or cooking oil for a taste-safe version)
Food colouring (optional)

Method:

1. Mix the flour and oil together very well.
2. Once the dough is mixed well, use your hands to crumble up any big clumps that are left. The mixture should be grainy, like sand!
3. Your homemade moon dough is ready - invite your child to explore the texture, making balls of moon dough by squeezing it in their hand and then crumbling them up.

Note:

If you want to make coloured moon dough, add food colouring to the oil before mixing it with the flour.

If you want more, double or triple the batch.

Store in an airtight container - if it dries out, add more oil before play.

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

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





3 Ingredient Apricot Chicken

Lisa Henry

@hanging.with.the.henrys

Ingredients

1 litre Apricot Nectar

6 Chicken thighs

1 sachet French onion soup

Place chicken into an oven safe dish. Sprinkle French onion soup mix over the chicken then pour apricot nectar over the top. You may also add a tin of halved apricots if you wish.

Cook for 30-45 minutes or until the chicken is cooked. Serve over rice and enjoy.



Parenting Spotlight

Tiama

I was always at the top or close to the top of my grade in Maths, and I was surprisingly good at English too. I tried to finish Year 11 and 12. Twice. Life got in the way, and I ended up working for a lawyer after 6 years at McDonalds. I was content, but deep down I knew that it was a waste. I saw people I went to school with becoming qualified and beginning successful careers. Then before I had a chance to try again (third time lucky, right?), I fell pregnant.

I was thrown into parenting head first when I truly wasn't ready. Neither was my daughter. She was born at 27 weeks, so I legitimately thought I would have more time to prepare. I spent the first six months of her life in Intensive Care; at 6 weeks her heart stopped and she was actively resuscitated for 25 minutes. I aged 25 years. Nothing is scarier than watching your entire world turn blue. The nurse who was comforting me at Sydney Children's Hospital was pregnant, it was her last shift before maternity leave. She was two weeks away from full term. The baby she was carrying was 5 weeks bigger than my 6 week old Sofia.

Fast forward 7 months to me waking up vomiting. I did not think it was possible to be pregnant again... surely it takes more than being sneezed on by their father? But here I was, and it was truly a blessing. Eliana was a text book pregnancy, and newborn. I am so grateful that they were born so close together, because if I knew how challenging it would be as the parent of a special needs child – she was later diagnosed with Level 3 ASD and a severe intellectual disability – I probably would not have chosen to have another.

It took 8 years before I decided it was time to do something for me. My life had become a circus of appointments and therapists, nappies and chicken nuggets.

I had always wanted to be a teacher. Since I was in Primary School. I would remark my work that got sent home, lead an assembly for my stuffed toys. I loved school.

After completing a one year bridging course, I enrolled to study a Bachelor of Education K-12, majoring in Mathematics. I felt the flame, my love for learning was reignited. I am now in my final year and have been accepted into a Mathematics Graduate Scholarship program, so I am officially in the classroom one day per week. It is so surreal. Here I am, the girl who always quit when it got too tough, and I stuck it out and turned my dream into a reality.

The hardest part of this journey is the mum guilt. Feeling like I haven't got enough time to give my children, always being busy, feeling like they have missed out on so much while I have been studying full time. But as a single parent, I know I had to do this. I want to be able to provide them with as many opportunities as I can. Although it has been painful in the short term, their lives – and mine – will be so much better. I have always been told I should be proud of the parent that I am, but now I can also be proud of how I have shown my daughters that hard work truly pays off.

Self-regulating techniques for kids

Dragon fire breathing

Step 1 - Breathe in through your nose.

Step 2 - Pretend you're a dragon with big hot fire breathe and breathe out all the anger, extra points if they can mimic a growl/roar.


Step 3 - (only if you're feeling brave - encourage your child to shoot their fire breathe in the direction of their agitator - please note only if you don't mind your feelings getting hurt)

It's important to add any strategy is best to trial when your child is calm. Think about when your already upset if someone came into your space, told you how to breathe and then got mad when you couldn't comprehend what they were saying, it wouldn't really work would it?

Implement these behaviours when things are good, so they are known for when things are bad.

Practice during play, so your child will remember the feeling with a positive attachment and as always repetition is key, keep fire breathing.





**THE MOST BASIC OF ALL
HUMAN NEEDS IS THE NEED
TO UNDERSTAND AND BE
UNDERSTOOD. THE BEST
WAY TO UNDERSTAND
PEOPLE IS TO LISTEN TO
THEM.**

Ralph G. Nichols

Conversations with Kids

One of the beautiful things about parenting is watching our children grow and evolve in to the most authentic version of themselves.

It can however surprisingly sneak up on us how quickly these changes can occur. We go from an overwhelm of seemingly constant dialogue to pulling teeth in the car trip home trying to find one thing that happened from their day.

We often see parents get frustrated or upset at the feeling of pulling teeth (or their hair out), trying to garnish the smallest of information. Our children aren't being difficult on purpose. There's a magnitude of reasons between dialogue shift, fatigue, overwhelm, forgetfulness, a gap between what interests them and what interests us.

You see our children will very rarely directly come to us with information, what they come to us with is, will you watch this video with me, or play this game, it's up to us as the parent to be ready when those moments arise.

Our interactions when raising children teach them if their opinions matter to those around them, I mean if we won't listen to the small things, why would they trust us with their big things?

CONVERSATIONS WITH KIDS

OUR KIDS GROW SO QUICKLY, IT CAN ALL OFF A SUDDEN FEEL LIKE THEY HAVE A WHOLE LIFE WITHOUT US. TRY THESE TIPS AND TRICKS TO ENGAGE WITH YOUR LITTLE ONES

BE CONSISTENT – AT DINNER, BED TIME, SET A TIME TO BEGIN A DIALOGUE – WHAT WAS YOUR FAVOURITE THING FROM TODAY?

MAKE A GAME OF IT – WHO CAN TELL THE FUNNIEST STORY FROM THE DAY

ENGAGE IN PLAY – DON'T ACTUALLY ASK QUESTIONS, PLAY TOGETHER, LET YOUR CHILD GUIDE THE CONVERSATION



Connection

Well here we are, March already!

Is it just me or is anyone else feeling time going quickly but slowly at the same time?!

There have been a lot of conversations I have been part of lately that all seem to be centred around the theme of 'connection', so let's have a look and discuss this a bit further.

Connection –

The merriam-webster thesaurus sates connection as: relationship. kinship. association. linkage. correlation. relation. affinity. liaison.

Connection to Self –

Focussing upon your needs and understanding what brings you joy or depletes you is a, very important start.

To feel 'whole', purposeful and of value, we need to ensure our needs are met in where we spend our time and energy.

Do you need to consider changing your place or type of employment? Are the people you surround yourself with helpful, positive and supportive? Do you allow yourself the time and space to engage in ways that are healthy, enjoyable and assisting your growth and development.

Some ideas to consider:

What is your relationship with self at the moment?
Are there Cultural connections you need or have?

Have you ever or do you 'listen to your gut'?

Do you prioritise your needs or do you place yourself last on your list, that part of the list we never seem to get to!

Prioritising Self has typically come under the label of 'selfishness'. However, I beg to differ!

I believe there is a healthy level of self-respect that allows us to balance the needs and wants of others and what we are truly capable and willing to reasonably do without it depleting who we are and our own needs and resources.



Some ideas on how to build/strengthen connection to Self:

Begin journalling, start with writing out your goals/dreams and the small steps needed to achieve them, and then do them!

Engaging in activities that bring you joy and 'fill your cup'.

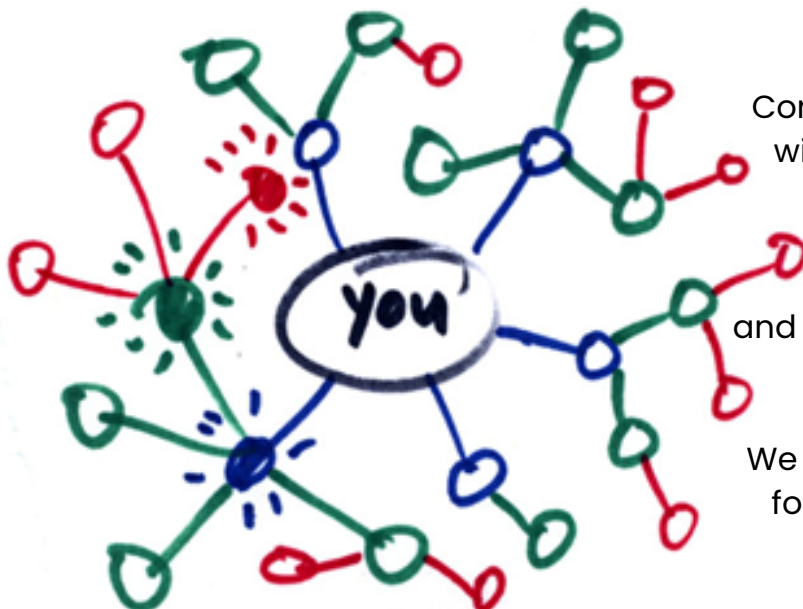
Take a relaxing bubble bath.

Take a walk or ride a bike out in nature.

Join a dance class, you can then share your new skills with family/friends.
Eat healthy foods that you lovingly prepare.

Do some mindfulness activities.

Connection to others –



Connection is when two or more people interact with each other and each person feels valued, seen, and heard

We connect with others in a number of ways and the depth of that connection is related to the value and worth of the relationship.

We may be in contact with someone quite often, for work for example, however, we do not share our personal information with them.

We may be in contact with someone once every three months but the conversation flows as though it were only yesterday, sharing all the juicy details!

Some ideas on how to build/strengthen connection to others:

Looking at where your boundaries sit can assist you to have connections that are more sustainable and of value.

Consider what hobbies you used to enjoy or do enjoy now and do them.

Find an interest group that suits your hobbies/likes/talents.

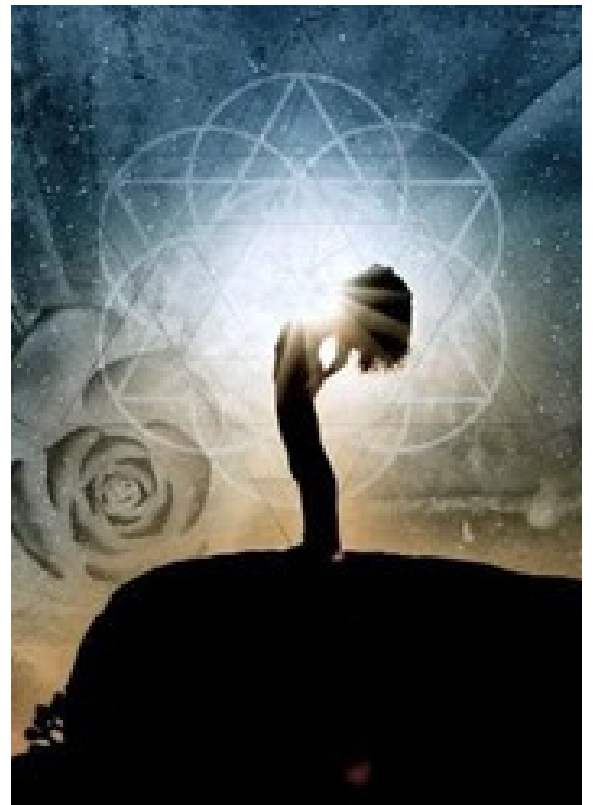
Sign up for a course to learn a new language, cooking class, photography or walking group.

Volunteer, reading with children at school, in the local soup kitchen or other organisation.

Find and join the local Community Garden.

Connection to Spirit/Belief system –

When we allow ourselves the time and space required to connect to the 'bigger picture' it can not only replenish us but can also bring a lens of perspective to our own current situation. For some, this can mean attending a particular space such as a synagogue, sacred place, temple, church, anywhere in nature. This can also involve certain rituals and rites, such as Sabbats, gatherings, Seasonal Cycles, Mass. This kind of connection can fill your sense of Being, worth and 'Okayness', leaving you feeling hopeful and filled with gratitude.



Some ideas on how to build/strengthen connection to Spirit/Belief system:

Start a gratitude journal.

Find others that have similar views and beliefs.

Pray, meditate, contemplate.

Practicing Yoga or walking along the beach or in the forest.

Join a meditation group.

Have some healing or energy work done.



Connection to the Earth and Land –

This kind of connection can have a very strong Cultural meaning in addition to just being in nature.

Here in Australia, we reside on the unceded lands of the Australian Aboriginal People. Do you know who's land you live, work and play on?

I reside on the land of the Birpai People where the powerful ocean and flowing rivers meet, where the mountains meet the plains with woven forests.

When we are able to acknowledge the land on which we reside and which sustains us, we receive some of the blessings that our Spiritual beliefs connect us too, in addition we become energetically grounded. This can clear our mind and our soul, to enable us to think clearer and potentially make better decisions.

Some ideas on how to build/strengthen connection to Earth and Land:

Research and acknowledge the unceded land you reside upon.

Bare feet as often as possible.

Turn off the devices and get outside into the garden, park, forest or beach.

Growing your own foods and or preparing fresh foods. Joining the local Community Garden could be great for this!

Join in and participate in such things as 'Clean up Australia Day'.

Finding connection in all of the above ways can lead to a more happy, healthy lifestyle that leads to a supported immune system, strengthen our brain functions, supports our overall health and wellbeing. This can only mean great things for yourself, your family and your friends!



Get out there and create some strong connections!!!

Carla :)

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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

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

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