

The background of the entire page is a photograph of two young children walking away from the camera on a wooden boardwalk or path. The child on the left is wearing a grey long-sleeved shirt, bright yellow pants, and a grey and white striped bucket hat. The child on the right is wearing a dark blue jacket, a white skirt with a red and black floral pattern, white tights, and dark shoes. The scene is outdoors with trees and a fence in the background, and the lighting suggests it's a sunny day.

BRIDGING the GAP

 Employment  
Plus

**This Survival Guide for Sole Parents is a Work for the Dole Project proudly sponsored by Bridging the Gap and Salvation Army Employment Plus. This publication is funded by the Department of Employment.**

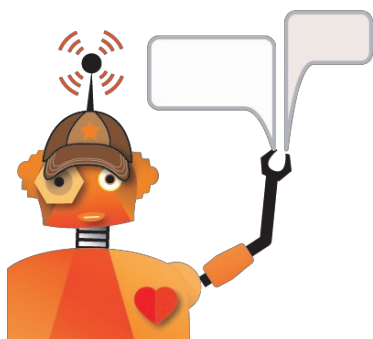
# **SURVIVAL GUIDE** *FOR* **SOLE PARENTS**

**FREE**



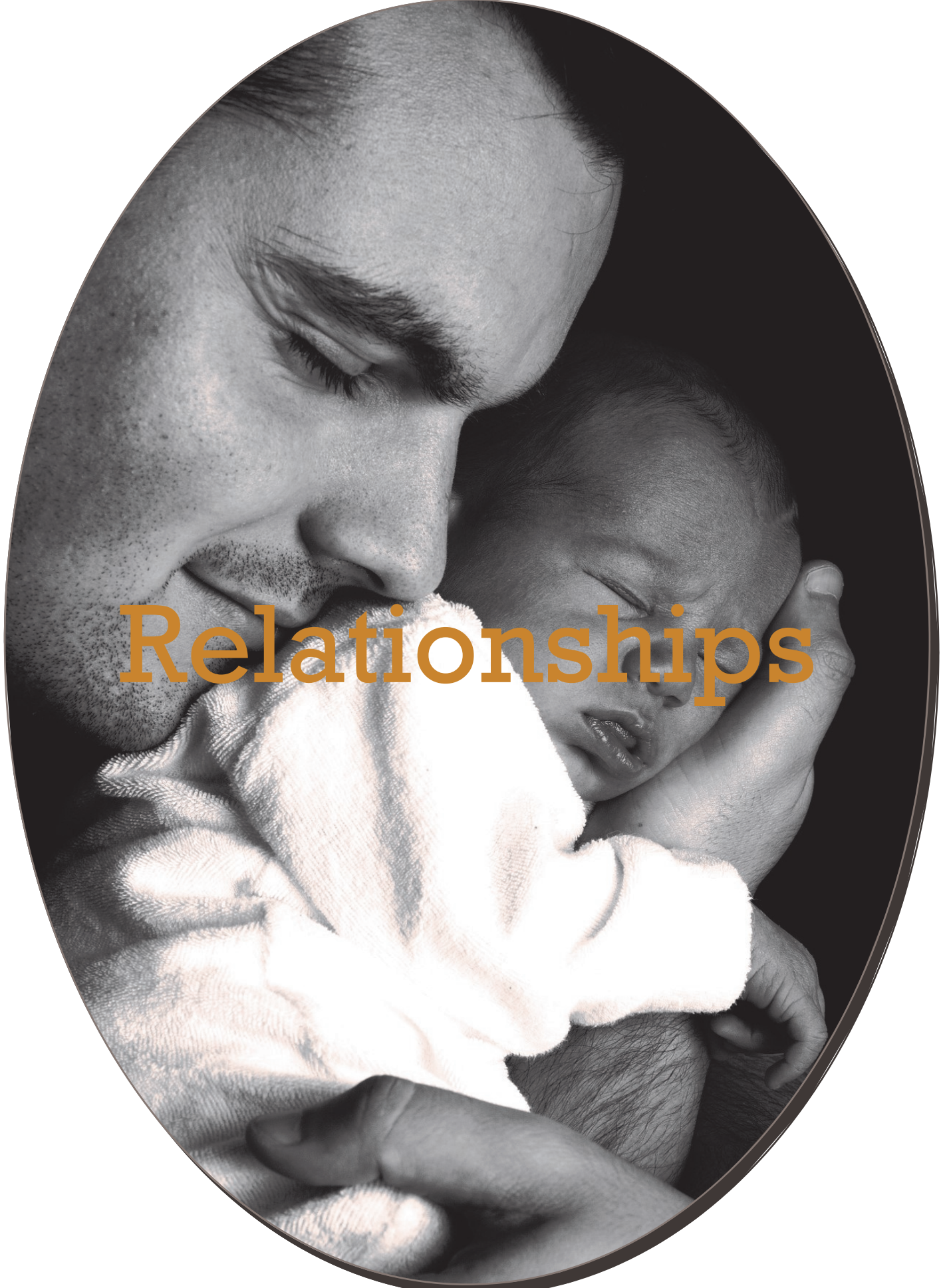
# Survival Guide for Sole Parents

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# Relationships





# Grief and Loss

## When parents separate the children experience the changes too

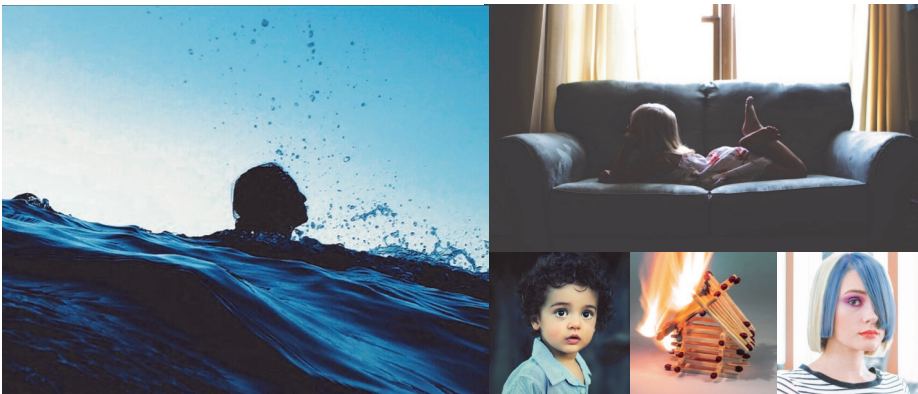
### What is your Child feeling?

Your child feels the same grief and loss that you experience with the changes in your family. They need time and support to process the changes.

Younger children may not be able to communicate their feelings of sadness, anger, confusion and hurt well. Sometimes they feel abandoned and separated from one or both parents.

#### Recognising their needs

Children experience different emotional needs at different developmental stages – a three year old will have different emotional needs to a 15 year old. Placating bad behavior or competing for a child's affection creates a sense of entitlement in the child and cause negative behavior.



#### How to reassure them

Children often feel responsible for and worry about protecting the feelings of their parents:

- Remind them that they are not responsible for what's happened and that people are responsible for their own emotions.
- Let them know that it is ok to feel and express their emotions and they have a safe place to do so.
- Allowing your child to express their emotions verbally and physically allows them to identify and process their feelings of grief effectively.

Often children display behavior changes. These may include:

- Make excuses for the change
- Talk as if nothing has happened
- Make plans as if the family is still a unit
- Resist seeing one or both parents
- Spend less time at home
- Behave disrespectfully to parents or others
- Blame one parent more than the other
- Have emotional outbursts
- Withdraw from family and friends
- Engage in risky behaviors.

### Survival Kit

What you can do to support your child

#### ACKNOWLEDGEMENT



Allow your child to feel the way they do about the changes



Sensitively let them know that aspects of the family will change

#### BEHAVIORAL INTERVENTION



Discourage disrespectful behavior towards yourself and the co-parent



Make sure there is a safe place for them to express their emotions

#### BOUNDARIES, STRUCTURE AND CONSISTENCY



Set up rules and guidelines and make sure they're held to



Create a controlled and safe environment for your children

#### COMMUNICATION



Create and maintain effective lines of communication between you, your child and the co-parent.

#### REASSURANCE AND SECURITY



Reinforce the following messages to your children:

- The break-up of the family unity is not your fault
- You are still loved by both parents
- Everything will be alright, it will just take some time
- You have a safe place to express your emotions

Find more ideas, videos and advice at:

[raisingchildren.net.au](http://raisingchildren.net.au)

From the menu select:

➔ Grown-ups

➔ Single parents & blended families

➔ Successful single parenting

CHECK THIS OUT!



# Communication and co-parenting

Children need to be able to communicate with each parent and have different ways of doing so.

The way that they communicate with you may not be the way they communicate with your co-parent.

Children still have emotions relating to both parents. Speaking badly of your co-parent confuses the child who may not share the negative thoughts and feelings you have for your ex-partner.

Giving them the freedom to think and feel increases their self-esteem, their trust in you and their ability to cope with the changing situation. Trust them to know what they are feeling.

Young children may be more open to communication through books, workbooks, stories, play and drawings.

Sometimes it's easier for children to share feelings and thoughts with someone other than their parents. So surround your children with positive role models who demonstrate healthy behaviours and self-respect.

## Reassurance and support for your child

Adults can sometimes impose adult logic onto a situation to make the child feel 'right' or 'better'. At times your child may just want you to listen.

Giving an opinion or helping them solve the problem can lead to frustration and a lack of trust, and may indicate that you don't understand their fears, worries or confusion.

## Helpful tips

**Children learn by imitation. Be a good role model.**

### Develop a child-centred viewpoint

- It is beneficial for the child if both parents are present for telling the child or children about the situation
- Discuss beforehand with your co-parent what information to give your child about the changes and decisions you have made
- Park your feelings and emotions when talking to your child about the ongoing situation
- Be reassuring
- Allow children to react to the change

### Practice communicating well

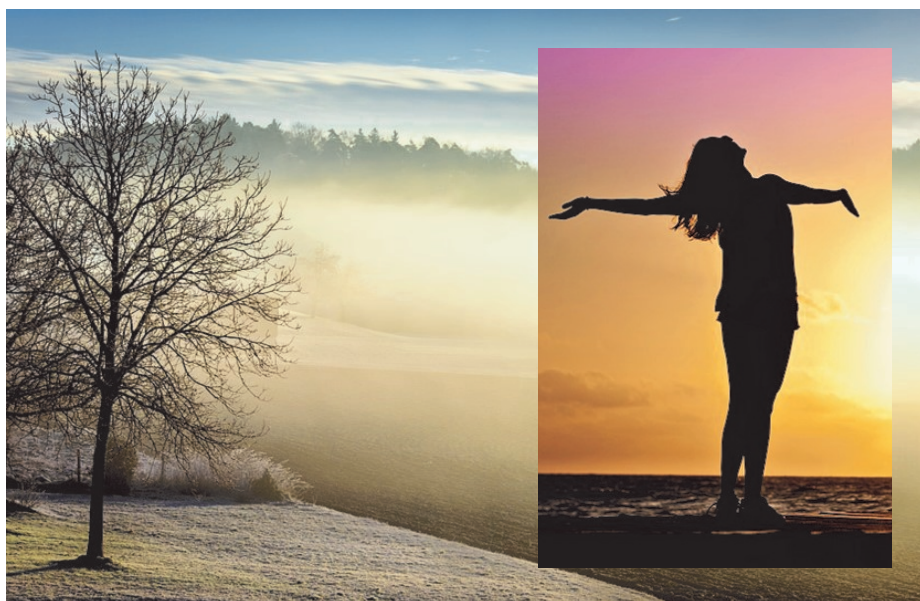
- Notice what time your child is more likely to start talking about what's going on (bedtime, bath, breakfast)
- Express interest and focus on what your child is saying and read their body language. Are they defensive or relaxed?
- Start a conversation rather than asking a question
- Focus on what your child is saying or not saying
- Express interest and allow them to complete their thoughts before you continue
- Soften your reactions in proportion to the conversation
- Acknowledge their opinion and express yours
- Resist arguing if you do not agree with what they have said.



The disillusionment of a relationship break down is not only physical but emotional and mental.

You have shared every aspect of your life with your co-parent and now you are on your own.

# How do you adjust to being a single parent?



**If you are looking after yourself mentally and physically you are more able to help support your child through this difficult time.**

Through the grieving process you can gradually reclaim your identity as a person and learn to increase your ability to cope, build resilience and in time recover to the best person you can be.

Adjustment to single parenthood is not just about practical issues such as 'where will I live?' or 'what do I do about my finances?' It's also about the adjustments happening within yourself.

For instance, your way of thinking and feeling will start to focus on your own strengths and

weaknesses. You begin to reach out for and find the support you need physically, emotionally and spiritually.

It's hard to remember that you are not the only person in the world to go through this. There are people who adjust well to being a single parent and there are organisations ready to help and support you.

**CHECK THIS OUT!**

**"I may not have gone where I intended to go, but I think I have ended up where I needed to be."**

**— Douglas Adams**

## Survival Kit

How to look after yourself

### TIME



Take the time to adjust to this new situation and take things step-by-step.



Everything happens in time. It may not happen at the speed or intensity you want but they will happen if you focus on what you can control.



You don't have to do everything now.

### EMOTIONS



Remember! You have choices in the way you react to situations and it is essential you go easy on yourself.



Face your grief. It is normal to feel and express emotions be they good or bad. The grief that you experience is real and not to be diminished by anyone, including yourself.



Think positive about the future because this new beginning is worth the change you are going through.



There is a difference between being alone and lonely. Which are you?

### GET ORGANISED



Take help from friends and family. They can help with babysitting, the school run, etc.



Encourage older children to help with chores. This is their change as well and taking on new responsibilities gives them the feeling they are contributing and allows them an outlet for their confusion or sadness.



Organise and plan in advance instead of rushing in the mornings. Can you do some things the night before?



Is it time for you to learn a new skill or join a group? Is there something you're interested in? Will you meet new and interesting people? You can go out and be the person you want to be if you give yourself permission.

# Dealing with the emotions of separation, divorce or death

There are different reactions to grief and loss and not everyone's reactions will be the same. Grief is a very individual process.

**Grieving has no time frame. It cannot be rushed, forced or glossed over.**

You may not experience the symptoms of grieving for a long time after your loss or you can start grieving even before the relationship is acknowledged as over.

## Signs of grieving

- Feelings of sadness
- Frequent crying
- Shock
- Denial
- Numbness
- Stress and anxiety
- Confusion and exhaustion
- Anger, guilt, shame, blame or relief
- Loneliness, isolation or withdrawal
- Feeling or acting differently to your usual
- Physical health problems
- Difficulty concentrating
- Not engaging in usual activities or hobbies
- Increase in alcohol, smoking or drug use
- Feeling hopeless

## Five stages of grief

**Stages of grief can be missed or moved through quickly. Sometimes you can go back through stages of grief when circumstances and adjustments are made to your new life.**

### 1. Denial

Denial is the thought that what you're experiencing cannot be happening.

It's the refusal to acknowledge the situation is now over.

Denial is a protective emotion. It seeks to protect you from the shock and pain of your situation.

### 2. Anger

Anger may be experienced as feelings of pain, hurt and fear.

You may often ask yourself, 'Why is this happening to me?'

Your feelings of anger can be directed at your co-parent, yourself, parties involved in your

situation and occasionally your children.

At this stage of grief you may make hasty or poor judgements, engage in conflict, and engage in risky behaviour.

### 3. Bargaining

In an attempt to gain control over the situation, you may start bargaining with your co-parent concerning their behaviour or make changes to the relationship.

Bargaining can also occur when your co-parent is trying to stay in your life.

### 4. Depression

A combination of sadness, regret, denial

and anger can merge into a feeling of depression.

This can be a temporary stage however; if it persists, talk to your doctor.

### 5. Acceptance

Acceptance is your acknowledgement the reality of your situation. You are ready to move on.

This stage may come slowly as you progress through the details of your circumstances.

You may find you accept some changes better than others or more quickly.

**CHECK THIS OUT!**



**If you are suffering from depression you may also feel guilty about some things not connected to being a single parent.**

**You may feel worthless, have slow speech or body movements and may not be able to function in daily life.**

**Your depression may also come with thoughts of self-harm or suicide. If you have these thoughts or know someone who needs help, please call:**

**Lifeline on 13 11 14**



# CUSTODY

## What next? Where to from here?



Australian Family Law encourages parents and other people interested in a child's welfare to agree on arrangements including where they live, how they will be financially supported and what their relationship with family members will be.

If you are lucky enough to have an amicable relationship with your co-parent it will make the first step of making a parenting plan easier.

It is in the child's best interest to have regular and continuing contact and visitation with both parents where possible. Visitation is the time a child shares with the non-custodial parent.

In very young children, (under 4 years), research shows frequent contact with the non-custodial parent helps the child's memory of that parent (younger children have limited memory which fades after a short while).

It is the child's right to have access to both parents. It's the parents obligation and responsibility to be available and to care for their children.

Above all, a child's rights **MUST** supersede the parents. Before you can apply to the court for a legal parenting order (including those who wish to change existing orders) you will both need to participate in pre-action procedures including participating

in a Family Dispute Resolution Conference.

There are three common methods for determining arrangements:

1. **Verbal** – A verbal agreement between both parties.
2. **Written** – A written agreement between both parties.
3. **Consent order** – An agreement in writing, signed, witnessed and filed with the court.

### Parenting Plans

A co-parenting plan is a way of setting out the details of your new relationship by discussing both of your rights and responsibilities.

It's a written, signed and dated agreement setting out the care arrangements for the child. A good plan takes into consideration what the child is accustomed to regarding home life, parenting styles and what arrangements and schedules were already in place before the separation.

Keeping some arrangements the same helps the child adjust to the new changes. Keeping stability and familiarity helps to reassure children that although there are new things happening, their security remains the same.

Parenting plans are not legally enforceable but the court will take your latest plan into consideration.

### Parenting Order

When you and the co-parent can't agree, it's best to apply to the Family Court for a Parenting Order. The Order states the responsibilities of parents and

other carers and may include:

- Where the child lives
- How much time the child spends with the other parent
- Schooling and medical
- If two or more people share parental responsibilities it can also include how the parents will communicate with each other about the child
- Holidays and special events (A 12 month planner can help with future events)
- Decision making guidelines and finances
- Current schedules already in place.

### Consent Order

A Consent Order is a written agreement that is approved by the court. Consent Orders have the same legal effect as if they had been made by a judicial officer after a court hearing. The court must be satisfied that the orders you ask for are in the best interest of the child. Although you can apply to the Family Court yourself, it's always best to seek some legal advice first.

### Extended Family Plan

Quite often there are other family members that also wish to spend time with the child/children.

Negotiate and agree on the roles Grandparents, Aunts, Uncles etc. will play and the access they will be granted while the child/children are in your care.

The courts will also consider and grant visitation or custody primarily based on the needs and best interests of the child/children.

# DOS



# DON'Ts

## Create an open dialogue

Make arrangements on forms of communication: email, text, voicemail, written letters, phone calls or face to face.

If you're not on good speaking terms there are websites available to upload a schedule and for information exchange.

## Create rules for both households

It's in your child's best interest for the co-parents to have the same set of CLEAR rules for both houses. This limits confusion and confirms the same rules and consequences apply in both households and will be enforced by both parents.

Children need routine and structure. Keep mealtimes, bedtimes, chores, etc. as consistent as possible. The same applies to school work, homework, projects, extracurricular activities, etc. Keeping things structured creates and maintains a sense of security.

## Use positive talk

Make a rule that you won't be and won't allow your child to witness disrespectful behaviour regarding your co-parent.

## Watch out for slippery slopes

Be mindful that at some point all kids will test the boundaries and rules,

especially if it's something they really want but are not ordinarily allowed to have or do. This is why a united co-parenting front is recommended. When your child sees their parents working together they're less likely to say "Mum said I could" or "Dad said I could".

## Update often

As co-parents, ensure you keep each other informed of important changes in your lives including issues you find difficult or challenging that affect the children. It's extremely important to ensure you both have current and relevant information such as, contact details and medical information.

## Focus on high notes

As co-parents, you both have valuable strengths. It can sometimes be challenging but remember to acknowledge the differences between you. Always reinforce these differences POSITIVELY with your child. Doing so teaches your child that despite your differences you and your co-parent can be positive about each other. For example, "Mum is really good at making you feel better when you're sick isn't she?" and "Dad is better at organising these books isn't he?".

## Sabotage relationships

Altering your child's relationship with your former partner. Your relationship with them is very different to the one your child has with them.

Avoid using your child to gain information about your former partner. It's unfair to draw your child into your adult issues and have them feel they have to 'pick sides.'

Try not to jump to condemning conclusions when you hear things about your former partner from your child. Though you may feel negative emotions or anger, remember to pause, take a breath and remain neutral – your child doesn't feel the same way you do.

## Try not to be the favourite parent

Constantly trying to be the cool mum or the fun dad is a mistake – life isn't fun all the time. This behaviour can backfire on you and trigger resentment, hostility and a reluctance to follow the rules.

## Live an unbalanced life

Ensure you create a healthy balance of fun, structure and predictability in your life.

## Feel a fear of missing out

Not being in your child's life as much can be very emotional. You may subconsciously convert your guilt into

overindulgence. It can be tempting give your child something or let them do something they're not normally allowed. Giving in eases your feelings of guilt but creates bad habits in your child such as, self-centredness, lack of empathy and feelings of unrealistic entitlement.

## Create confusion

Don't get back at your former partner by allowing your child to have or do something the other parent won't. It's very confusing for your child.

## Lash out at others

Avoid directing your negative emotions on others. This sends mixed messages to your child such as, "I know mum wants you to eat breakfast before watching TV but I'll let you watch while you eat," or "don't tell dad I gave in and let you watch that movie before doing your chores." Consistency helps your child transition back and forth between co-parent homes easily.

## Accuse instead of discuss

Communicating well with your co-parent is important to your child's healthy development. If you don't have a good relationship with your former partner, think of them as a business partner and your child is the main priority.





# Finance



# Budget Survival Guide

## Managing home finances in a single parent household



### Do you find yourself worrying about your income on a day-to-day basis?

If you do, start a weekly budget today and save yourself a lot of stress.

Learning how to budget your income allows you to:

- Know how much money you have to pay bills, shop and save.
- Know how to allocate your money to regular accounts such as gas, water, electricity, phone, school fees, day care fees, petrol, pocket money, etc.
- Decide where you can cut costs by limiting usage for utilities such as electricity and water.

For example, turning off lights when not in use, switching off appliances at the power point when not in use, not filling up the kettle for one cuppa.

#### CHECK THIS OUT!



To cut your electricity bill go to [www.synergy.net.au](http://www.synergy.net.au)

- Select 'Your home' from the top menu
- Click on 'Energy saving tips' from the 'Save energy' tab

### 3 easy steps to get you started on your budget today

#### Step 1: Know where your money is going How much money do you really spend?

To find out make a list of all your expenses and the payment periods. For example, some payment periods are monthly, quarterly (every 3 months) or irregular such as petrol and car maintenance.

Look at your previous bills to work out your usage rates. All bills display your usage for either the last few months or 'this time last year'. Think about reasons for the differences and what you could do to reduce usage.



#### TIP

#### Step 2: Break it down

For each expense item, work out the weekly cost. Does anything surprise you?

Breaking down your expenses into a weekly budget will show you the most excessive expense. Is this expense a priority?

#### Step 3: Make it a reality

Do you want to be in control of your finances?

Find a budget planner to suit you. There are many free and easy to use planners out there but you can also photocopy and add to our Weekly Budget Planner on the next page.

Find free budget planners here [www.office.com](http://www.office.com)

- Select 'Templates' from the top menu
- Scroll down the page and click on 'Budgets'

#### CHECK THIS OUT!



Look through the budget planners to find the one that suits you.

Be prepared for a financial crisis! Go to:

[www.humanservices.gov.au](http://www.humanservices.gov.au)

In the Search box, search: crisis-payment

For local help visit the Coastal District Care Centre Inc.

Monday or Friday between 9 am to 11.00 am

14 Council Avenue, Rockingham

(08) 9592 2699

For more Info, See pg 54

#### MORE TIPS





# My spending plan for this week

Photocopy and try out this weekly budget

## Survival Kit

### PREPARE



**Keep current records of your service providers** (electricity, gas, phone, water, insurance, etc.).

Use your previous bills to record the:

- providers name.
- account details.
- payment periods.
- conditions of any payment.
- plans for amounts you owe.



### PLAN



Meeting payment plan commitments:

- plan your budget to ensure you can make these payments.
- If you change your payment dates, let your provider know in advance.



Set in place longer term and emergency plans:

- Discuss with your bank or insurance providers any savings made when combining insurance for health, home & contents, life, income protection, etc.
- Does your bank offer free financial and budgeting advice for an emergency savings plan?



### SURVIVE



Keep your budget on track by keeping weekly receipts for anything you purchase that week.



Compare what you spent with your weekly budget plan. Do you need to make changes?



TIP: Keep receipts in a folder to stop the ink fading.

## Weekly budget planner

For the week ended:     /     /

### Income

Weekly	Actual \$
Main Income	
Extra income	
<b>Total</b>	

### Expenses

Weekly	Budget	Receipts
Rent/Mortgage		
Phone		
Electricity		
Gas		
Water		
Maintenance		
Personal Loans - credit card, car		
Internet		
Clothes and shoes		
Public Transport		
Registration		
Fuel		
Maintenance		
Groceries		
Education		
Health		
Insurances		
Extras (alcohol, cigarettes, lollies, take-away food, Netflix/Foxtel)		
<b>Total</b>		

# Dealing with Bills

## How it works?

You tell Centrelink who you want to pay, how much and which account it will come from (if you have multiple accounts). Centrelink then takes the money straight from your payment and pays the selected provider/s every two weeks. You are in control and can start and stop anytime, you can choose what gets paid first, change the amount paying amongst other things.

Most companies now work with Centrepay to help the both of you out but here's a list of what you **can't** use Centrepay for;

- Credit cards.
- Paying back cash lenders/payday lenders.
- Pawn brokers.
- Debt collectors.
- Alcohol and home brew products.
- Cigarettes.
- Gambling.
- Gift cards and vouchers.
- Payment plans - for example for Christmas hampers or laybys.
- Car leasing.
- Taxis.
- Hire cars.
- Income protection, funeral or life insurance.
- Renting or leasing household goods if the agreement.
- Is for less than 4 months or doesn't have an end date.
- Any payments that put you into financial difficulty.

## Centrepay

If you receive Centrelink benefits you can elect to have Centrepay pay your bills straight from your pay. Just make sure to call to check if you can use Centrepay on a certain bill as some providers don't have a Centrepay ability.

For more info on Centrepay, visit [www.humanservice.s.gov.au/individuals/services/centrelink/centrepay](http://www.humanservice.s.gov.au/individuals/services/centrelink/centrepay)

### TIP



## Bill Smoothing

Bill smoothing is when a company (usually energy or gas) estimates the total yearly cost and breaks it down into equal payments each month. This means each month you know how much you need to pay. To set up bill smoothing find your latest utility bill and down the bottom or on the back of the page there should be a number to call for bill smoothing or a payment plan and talk to someone about setting up bill smoothing. If you need to cancel bill smoothing call your utility company at least 3 days prior to your next bill.

## Setting Aside Money for Bills

Have a small box filled with envelopes listing all you bills for the year. Work out roughly how much from your pay you can set aside for each bill, for example putting \$20 or \$30 into each envelope on payday. And just keep adding the selected denomination to the envelopes until the bill is due—you might even find out you have extra you can put towards the bill and that's always a great feeling having your next bill come in and the amount to be paid showing either \$0.00 or a small amount!!

# Financial Support

## CENTRELINK PARENTING PAYMENT

### Single Parent Payment

#### Eligibility basics

- Under the limits in the income and assets tests.
- Single and caring for a child under 8.

Your payment rate will depend on your family situation.

Centrelink update rates on 20 March and 20 September each year.

Maximum payment for a single person is \$748.10 including the pension supplement.

### Family Tax Benefit A

You may be eligible for FTB Part A if you care for a dependent child who is under 16 or 16 to 19 who is in approved study or has been granted an exemption.

- The base rate for every child aged 0– 12 years is \$182.84.
- 13-19 and in full time secondary study is \$237.86.

### Family tax benefit B

A once a year payment with a maximum rate of \$4412.65 per family with the age of youngest child between 0–5, and \$3190.10 with the youngest child aged between 5-18.

### Rent Assistance

May be available and rate will depend on the amount of rent paid.

## WA NO INTEREST LOAN SCHEME

Loan limit of \$1500. A no interest loan of up to \$1500 for essential goods or services (not bills).

Affordable payments over 12 to 18 months. (repayments on \$1500 over 18 months would be \$38.50 a fortnight).

Available to individuals or families who are low income earners (\$45k a year after tax) or health care card holders.

[nils.com.au/](http://nils.com.au/)

→ Search 'Cloverdale WA 6105'.

### CHECK THIS OUT!



Contact  
Centrelink  
13 61 50

[www.centrelink.net.au](http://www.centrelink.net.au)

→ Click  
'General Search'  
→ Search  
'Mandurah'.

## Centrelink Advance Payment

You may get part of your Centrelink income support early.

This is referred to as an advance.

You pay it back out of your normal Centrelink payments.

The maximum amount is \$1,110.69 (Parenting Payment).

Don't borrow to pay bills. Most companies have hardship officers who can help you work out a plan to pay the bill instalments.



**TIP**

Purchasing an energy efficient washing machine or refrigerator with your NILS loan will cut down on your energy bills and reduces greenhouse gas emissions.



**TIP**





# Additional Info

## Survival Kit

What you can do to support your child

### PREPARE



Speak with a Centrelink advisor or use a Mygov Account to operate online



Keep well organised Records of your financial information such as payment dates and amounts paid

### PLAN



What issues to talk about and how they affect you



How you think these problems can be resolved and who to speak to

### SURVIVE



Create a budget to manage expenses and schedule payment dates



Seek advice and feedback regularly

**CHECK THIS OUT!**



## BOND ASSISTANCE LOAN SCHEME

The Housing Authority bond assistance is two weeks' rent in advance as an interest-free loan.

Repayments at least \$25 per fortnight.

[www.housing.wa.gov.au/Pages/default.aspx](http://www.housing.wa.gov.au/Pages/default.aspx)

→Click 'Housing Options'

→Click 'Rental Assistance Options'

→Click 'Bond Assistance Loan'

→Click 'Local Housing Authority Office'

→Search 'Mandurah'

**CHECK THIS OUT!**



## MANDURAH CHARITIES

### Mandurah Musketeers

Heavily discounted computers for low income earners  
(08) 9534 7834



### Peel Foodbank

Low cost food by referral by St Vincent de Paul Unit 1/ 68 Reserve Dr, Mandurah WA 6210  
(08) 9581 9200

**CHECK THIS OUT!**



## HARDSHIP UTILITY GRANT SCHEME (HUGS)

One off grant to pay your electricity, water or gas bills to \$581.00.

[www.concessions.wa.gov.au](http://www.concessions.wa.gov.au)

→ Click 'Concessions'

→ Click 'Household Bills and Appliances'

→ Click 'HUGS' (Hardship-Utility-Grant-Scheme)

## FINANCIAL COUNSELLING

- Make assessments of financial situations
- Provide information and options to address financial problems
- Assist with resolutions if necessary
- Advocate and negotiate with creditors
- Make referrals to other useful services in the community
- Provide information about government assistance that may be available
- Support clients in developing their own budget

### TIP

Regular online payments reduce bill shock



### St Vincent de Paul Society

Emergency relief  
20 Davey Street  
Mandurah WA 6210  
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# Housework and Mess

**Housework the word that everyone hates but has to do as living in a clean, healthy home is optimal for you and your little ones (or not so little!)**

That old saying “less is more” is the trick to managing a solo-parent household. Think about what you and your family really need to make a comfortable and safe home.

## TIP



## Create a Roster

Set up a cleaning roster; this seems like a bit of a time waster but it's a great way to set up a routine and routine is important for our kids.

A small magnetic whiteboard that can stick to the fridge or if you can invest in a fridge/freezer where the doors are a whiteboard can be very helpful.

Leaving a message for the kids (or babysitter), write anything down that needs to be bought/replaced even create your weekly roster on one!

## Tips & Tricks

### With Your Closet

1. Put the hangers on the rack backwards and when you have worn that item turn it the right way and at the end of six to twelve months all the items that are still facing the wrong way? Sell or give to charity cos chances are if you haven't worn that item in the designated time, you won't wear it at all (this can be a hard thing saying goodbye to pretty clothing items you love but just don't wear, you are allowed to cry!!)
2. Have a 'Summer' and 'Winter' wardrobe. Pack away jumpers and warm clothes in the summer and the things you wouldn't wear in winter.

### With Laundry

Even if my load doesn't have any stains I still add half a cap of stain remover to my load. I find it brightens the clothes a bit as well as removing stains.

When cleaning blood off clothing try to use a detergent with a higher level of bleach than normal (yes that does mean your normal washing detergent contains a small amount of bleach but nothing too severe)

Keep a few wicker baskets or plastic tubs for kids books. Do the same for outdoor toys to keep them out of harms way (and your feet!)



## CHECK THIS OUT!



For Barry Du Bois' Off the Living Room mould killing recipe, go to:  
[www.ventis.com.au/barry-du-bois-mould-recipe](http://www.ventis.com.au/barry-du-bois-mould-recipe)



## Survival Kit

A controlled mess is the new shabby chic!

### Toys

- To make it easier to clear toys and books off the floor and furniture, keep a small toy box (one for each child) in the rooms your child tends to play in.
- To manage mess and tidying up time, keep some toys in storage. Rotate them every few weeks or when you have the time.

### LOUNGE

- Limit the amount and types of furniture you keep. To keep the room looking neat choose storage items in the same colour (and preferably with lids).

### BEDROOMS

- Keep furniture, bedding, clothes and toys to a minimum.
- Keep extra toys and seasonal clothes and shoes out of reach
- The more your child can access the more mess they make and the harder it is for them and you to keep tidy.

### KITCHEN

- Place dirty dishes, cups and cutlery in a large bucket of soapy water near the kitchen sink – it makes washing up so much easier, keeps the sink clear and tidy and you don't have to wash up every day!

### BATHROOM

- Smaller, colour-coded washing baskets for light and dark clothes make laundry day a breeze
- Keep soaps, bubble baths, shampoos and toothpaste tubes to a minimum
- Provide each person with their own space for towels and toothbrushes.

## Products You Will Need

### Disinfectant

**Detergent:** not just for dishes! Put a drop or two in your bucket with warm water when you are cleaning and your home will be sparkling and dust free.

**Eucalyptus oil:** safe, natural bacteria killer and gives the house a lovely smell whilst giving your sinuses a good clear out - it's quite good in the colder months, warm water, detergent, eucalyptus oil and you are set.

**Bi-Carb Soda**—polishes taps & when teamed with vinegar it gets rid of soap scum

### Vinegar

### Toilet cleaner

**Sponges/Cloths**—make sure to change them regularly

#### CHECK THIS OUT!



Be sure to clean out your fridge, freezer and pantry every few months. For more tips, go to

[www.quickanddirtytips.com/house-home/housekeeping](http://www.quickanddirtytips.com/house-home/housekeeping)



# Shopping

Shopping the dreaded endeavour we all have to do at least once a week. The good thing is the supermarkets are competitive and you can always find a cheaper alternative that suits you but works just as good as the more expensive brand. I am all about shopping around for the best prices and I love op shops they have so much stuff, you can always find a bargain!!



**CHECK THIS OUT!**



Lunchbox Ideas Australia is a great Facebook group to join. The lady running it also has a website [www.ohsobusymum.com.au](http://www.ohsobusymum.com.au)

## Fridge and Freezer Staples

- Buy a big cut of meat and portion yourself (Spud Shed)
- Frozen veggies
- Frozen Chips
- Ice cream - some may see this as a treat however you can buy 4 litres of either vanilla or Neapolitan for \$4 at Coles or Woolworths.
- Only buy fresh vegetables when you are sure you will use them. They go off quickly if not stored correctly and most of the time they are pretty expensive.
- Bulk buy long life milk especially if you go through milk fast.
- Butter
- Cheese
- Bacon
- Eggs



## Pantry Staples

- |   |                             |
|---|-----------------------------|
| • Bread   | • Cocoa powder              |
| • Canned goods like diced tomatoes, baked beans, vegetables, four and five bean mix—These last long and can be used to beef up many a dish. | • Corn starch/cornflour     |
| • Stock or stock cubes  | • Herbs and spices          |
| • Cereals   | • Honey and maple syrup     |
| • Porridge and Oats   | • Rice                      |
| • Coffee  | • Pasta                     |
| • Tea   | • Oil                       |
| • Sugar   | • Potatoes and onions       |
| • Flour   | • Vinegar                   |
|   | • Bi-carb and baking powder |
|   | • Salts and peppers         |
|   | • Spreads and preserves     |

[www.pennypinchinmom.com/tips-to-make-shopping-with-kids-easier/](http://www.pennypinchinmom.com/tips-to-make-shopping-with-kids-easier/)



## Survival Kit

### At Home

- \* Pick a day to shop. (Wednesday's are usually the best as that's when supermarkets release the weeks specials).
- \* Section your shopping list for easier shopping e.g. bakery, meat, deli.
- \* Research specials and what shop is cheaper with the items you need.
- \* Don't forget the list when you leave!!
- \* When you get home get started early on meal prep by washing and separating things.
- \* Get it delivered - if you can't get to the shops get it delivered. Coles and Woolworths now have delivery options, just pick your items and first delivery over \$100 is free (after that a small fee under \$5 is charged).

### At the Shops

- \* Have yourself familiar enough with the aisles, even when the supermarkets like to regularly change around!
- \* Give the kids a mini list of their own so they can help out rather than being bored following you around.
- \* Don't shop on an empty stomach - research has shown you buy more 'regret' items when you shop hungry.
- \* Bulk buy where you can - it can save you in the long run.
- \* One item only - if the kids stay quiet and/or behave reward them with a small item of their choice; it can be a lolly, chocolate bar or toy car.
- \* Don't keep to one shop. Rolls could be cheaper at a different store.
- \* Shop early or late. Get in early for the specials or go late for the discounted products.
- \* Try your local butchers and produce markets for cheaper meat, fruit and veg!

### Why is a shopping such a chore?

It involves planning and picky eaters.

If you have young children it can be really taxing to take them shopping with you.

It takes time usually shopping staples are spread out around the supermarket so that you need to walk down each and every aisle to find what you need OR you may prefer to shop locally in separate stores which is time consuming as well.

Often you have to go at peak times due to work constraints – so queues are longer and you tend to impulse buy because you are hungrier after work and less likely to resist temptation.



### Why is a shopping list important?

It provides a disciplined and organized approach.

It's a time saver—have everything you need to get on the list and at what shops.

It can be a money saver—writing out a list at home whilst looking at the specials, you can roughly estimate how much your shop will cost.

A shopping list is a defence so you don't buy too many unhealthy or bad options.

By creating a shopping list you will be alleviating the shopping stress you would have without a list.

Make the list open to suggestions from everyone at home. Children can add goods they enjoy and you can decide on if it stays or not!



# Meal Planning

The thought of planning and entire weeks worth of meals, and then executing all your careful planning, can be daunting for some. So in this section we're making it easy for you to plan, shop and execute a weeks meals without breaking a sweat and we've even included recipes anyone can achieve!

## Lunch Station

Think about setting up a lunch station where the kids can grab everything they need for school in the mornings by having everything in labelled bins. It might be a good idea to have a pantry and a fridge station. It also ensures mornings run smoothly!



Utilise mason jars for brekky oat jars and salads. Go to: [www.buzzfeed.com/candacelowry/incredible-meals-you-can-make-in-a-mason-jar?utm\\_term=.poRM7Bw10#.anY3ze1A0](http://www.buzzfeed.com/candacelowry/incredible-meals-you-can-make-in-a-mason-jar?utm_term=.poRM7Bw10#.anY3ze1A0) for mason jar ideas.

## TIP



## Great Sandwich Alternatives

**Sandwich Sushi/roll ups**—cut crusts and roll piece of bread to thin it out, then just top with filling of kids choice and roll.

**Themed**—Use cookie cutters to make holiday season fun. Also gift wrap their lunch on your kids birthday for an exciting birthday lunch.

**Hotdogs**—pop a hotdog sausage in a thermos with hot water. Bun, sauce and extras go in the lunch box!

**Bagels**—more exciting than a traditional sandwich, roll or wrap.

**Put it on a stick**—have an entire kebab themed lunch with everything on a stick!

**Quesadillas**—fill with; cheese, avocado, pineapple—anything really, toast in a sandwich press, wrap and away they go!!

**Leftovers**—fried chicken, meatballs, pizza etc.

**Lunchables**— cold cuts and cheese cut to cracker size.

CHECK  
THIS  
OUT!




Pinterest is a great tool when you are a parent. Providing endless ideas on a whole range of topics and you set up your own little "pin board"

[au.pinterest.com](http://au.pinterest.com)


## Survival Kit

Containing the top meal plan tips!

### PREPARATION


 Pick a day (or two so you're not so overwhelmed) to do your planning and prep work.

Take inventory of your fridge, freezer and pantry.


 Pre slice/cut up meat and veggies, wrap separately and store in the fridge or freezer so you can just grab the whole pre sliced meal and cook adding in extra ingredients you need as you cook.


### PLANNING

Start by using recipes you're familiar with and group foods into categories. Get the kids to help come up with fun, new recipes.


 Some ideas are; Meatless Monday, Taco Tuesday, Whatever Wednesday, Tomato Thursday, Fish Friday, Sandwich Saturday, Soup & Salad Sunday.

### EXECUTION


 Make sweet, savoury and breakfast muffins, frittatas and egg cups for easy grab-n-go breakfasts and morning snacks.


 Blend and freeze smoothies in ice cube trays. Simply pop a few out and chuck in the blender with milk or water.

### INVEST

 In a slow cooker. Prepare ingredients the night before and just put it all in and turn it on before you leave in the morning. Convert some of your fave recipes to become slow cooker meals!

### UTILISE

 Create a weekly menu board or use meal planning printables to keep you on track.

 Get online! There are hundreds of recipes and ideas to make your meal planning easy!

**CHECK THIS OUT!**



Go to the following to make setting up a pantry and fridge lunch station;  
[modernparentsmessykids.com/set-healthy-serve-lunch-station/](https://modernparentsmessykids.com/set-healthy-serve-lunch-station/)

### Pantry Tips

- Select a low enough shelf or drawer kids can reach.
- Corral lunchboxes, snack containers and drink bottles and keep together.
- Buy “dry snacks” (chips, cookies, dried fruit, dry cereal etc ) in bulk and portion yourself.
- Chalkboard stickers are great for noting what goes in what bin.



Find some of the best lunch station ideas here:

[au.pinterest.com/lunchnotes/lunch-packing-stations/?lp=true](https://au.pinterest.com/lunchnotes/lunch-packing-stations/?lp=true)

**TIP**



### Fridge Tips

Set up your plastic bins with labels like 2x lunch, snacks and drinks/yoghurt.

Freeze your kids sandwich or roll for a cold pack that will be thawed by lunchtime!

Wrap condiment packets with the sandwich, no sauce soggy sangas!

MYO ice pack = a sponge soaked in water sealed in a Ziploc.

**Note:** create a bin for each child and have all their food, snacks and drinks in just one bin





# Health and Wellbeing





## Cheap and Easy Fun Recipes To Try!

# Cake Mix Cookies

One cake mix and so many possibilities!

### Ingredients

- 1 vanilla cake mix.
- ½ cup butter.
- 2 large eggs.
- 3 tablespoons of brown sugar.
- 1 teaspoon vanilla extract.
- 1 ½ cup chocolate chips.

### Equipment

- Oven.
- Measuring cups and spoons.
- Mixing bowl.
- Baking tray and paper.
- Electric hand mixer.

### Method

1. Preheat oven to 160°C.
2. Place cake mix, butter, sugar and vanilla in a bowl and using a hand mixer, mix on low speed until combined.
3. Mix in chocolate chips with a spoon.
4. Drop tablespoons of mixture onto a lined cookie tray, 3cm apart.
5. Bake for 10 to 13 minutes depending on how soft you want your cookies (cook for less time if you want soft or longer if you want hard).
6. Allow to cool for two minutes on tray before transferring to a cooling rack.
7. Allow to cool for another 10 minutes.



## Try these variations

### Chocolate-Chocolate Chip Cookies

- Replace vanilla cake mix with chocolate cake mix
- Use white chocolate chips instead of milk.

### Peanut Butter Cookies

- Replace butter with 1/3 cup milk
- Replace the chocolate chips with 1 cup creamy peanut butter.

### Christmas Cookies

- Replace the vanilla extract with ¾ teaspoon of peppermint extract
- Sprinkle with crushed candy canes before baking instead of adding chocolate chips.

### Crispy Cookies

- Use one egg instead of two
- Replace sugar or vanilla extract with:
  - 1 cup of rice bubbles
  - 1 teaspoon of lemon zest.

# Cooking with Children

Children are more interested in new foods if they are part of the preparation and cooking process.

Preparation such as pushing the buttons on a microwave, putting ingredients in a bowl or help stirring a pot boosts their self-confidence and allows children a sense of accomplishment and may develop long-term cooking skills.

Teaching children about proper food hygiene practices and preparation techniques helps

ensure a healthy and safe food environment and helps prevent food poisoning and kitchen accidents.

Older children may be able to create a meal by themselves with minimal supervision. They can help with the more skilled kitchen tasks and take some of the pressure off you.

Cooking with children can be stressful but it can be tremendous fun as well.



**The best way to teach your child how to cook and good food safety and hygiene practices is to be a role model.**



## Survival Kit

### BUILDING RELATIONSHIPS



Cooking with children can be fun but children don't have the same danger perception as adults so precautions need to be taken.



Letting them cook the food they want (within reason) but alternating between your choice and theirs strikes a balance and gives them confidence that you trust them and their abilities.

### TEACHING & LEARNING



When you are teaching children to cook it is advisable to supervise children closely but let them explore and experiment with their environment.



Children are like sponges and soak up information if they are interested in the subject.

Using proper terminology while cooking allows them to learn skills that they can take into adulthood.

This also gives you the opportunity to teach your children about where their food comes from, where it is grown or made and what country it comes from.

### ROLE MODEL



The best way to teach your child how to cook and good food safety and hygiene practices is to be a role model.



Your child will copy your habits. Remember to always be aware that your bad kitchen habits may become theirs.



### Potato & Zucchini Fritters

2 med potatoes, washed  
 1 small brown onion  
 1/2 cup corn kernels  
 1 cup zucchini, grated  
 1 cup wholemeal or plain flour  
 1 tsp. Baking powder  
 1 tsp. Paprika (optional)  
 1 egg  
 1 cup milk  
 2 tbsp. oil  
 salt & pepper

Grate potatoes and squeeze out excess starch.

Combine all ingredients save egg and milk.

Mix egg and milk together in a jug and add to bowl. Combine and season to taste.

Heat oil in a large fry pan over med heat. Drop in spoonful's of mixture and fry for 2-3 mins each side until golden brown.

\*Add cheese for a stringy, cheesy fritter, yum!

### Chicken Nuggets

2 chicken breasts  
 1 cup breadcrumbs  
 1/2 cup parmesan cheese  
 1 tsp. dried parsley  
 salt & pepper  
 1 egg

Dice chicken into bite size pieces.

Mix together breadcrumbs, cheese, parsley & salt & pepper.

Whisk egg & dip chicken into egg, then breadcrumbs.

Space chicken on a lined baking tray and bake at 180C for 20-25 mins until cooked.

\* other cool, crunchy crumbs: crushed Cornflakes, Plain flour mixed with Cajun seasoning & shallow fried & Panko crumbed.



### Ants on Logs

*A healthy old school snack for you & the kids!*

4 celery sticks

Cream cheese or peanut butter

Sultanas

Wash celery in clean water & dry.

Cut celery into halves and spread the cream cheese or peanut butter into the hollow.

Add sultanas to the top to be your "Ants"



## Chicken Stewp

*It's not a soup, it's not a stew, it's a stewp! A one pot cook that is hearty & healthy.*

4 chicken thighs, bone out  
1 onion, chopped  
2 carrots  
2 celery sticks  
1/2 capsicum, chopped  
4 mushrooms, chopped  
2 cups cabbage  
1 tsp grated garlic  
2 litres chicken stock  
salt & pepper

Cut the chicken into bite sized pieces and brown on med heat.

Add the vegetables, garlic, stock, salt & pepper and bring to the boil.

Half cover the pot with the lid and reduce to simmer for 15 mins.

Serve with fresh crusty bread.



## Teriyaki Beef Burgers

500g beef mince  
1 Jar teriyaki sauce  
1/2 cup breadcrumbs  
lettuce  
tomato  
cheese  
rolls

Mix mince, half a jar of teriyaki sauce and breadcrumbs.

Roll into meatball sized portions and flatten.

Cook in a fry pan or on the barbie, until brown & cooked through.

Add your salad & remaining sauce to your roll and place cooked patty on top.

## Chilli Con Carne

500g beef mince  
1 small onion  
four bean mix  
mexican seasoning  
salsa in a jar  
2 tsp minced garlic  
sour cream  
rice

Sautee onion until soft. Add mince and brown.

Add salsa, four bean mix, garlic and Mexican seasoning. Salt & pepper to taste if needed.

Once fully cooked, transfer to a large bowl and top with sour cream. Serve with rice.

Or turn your Chilli into Nachos or tacos by adding corn chips, cheese and taco shells





## Save money on a party

Throwing a birthday or special occasion party can be expensive when you consider food, entertainment, decoration, invites and gifts.

**Parties don't have to be expensive!**



## Party Theme Ideas

Kids parties can be excellent fun. You can adapt children's party theme ideas to suit older children or adults.

### Celebrate no party

Not everyone likes a party but they still want to celebrate a special occasion.

There are many things that you can do with the family instead of a party.

For children, they can have sleepovers and movie dates but what about adults?

#### How can you celebrate without a party?

- Have a special dinner with your family or partner
- Spend the day with friends
- Go see a movie
- Go to your favourite place
- Do something you haven't done in a while or always wanted to try
- Take the day off from work or your everyday activities
- Go on holiday

#### Little kids



- Teddy bears picnic
- Stuffed animal party
- Storybook
- Colour theme
- Sesame street
- Disney
- Hungry caterpillar
- Animals
- Construction machinery
- Under the sea
- Farm

#### School aged



- Story or movie characters
- Cooking
- Lego
- Sleepover
- Football
- Aliens
- Disney
- Pirates
- Scavenger hunt
- Super hero
- Robot

#### Tweens



- Cooking
- Crafts
- Movie day
- Sleepover
- Board game day
- Pool party
- Scavenger hunt
- Harry Potter
- Star wars
- Super hero
- Scary





**There's been a surge in the number of dry parties recently, where alcohol is not served.**

**So what do you drink when you're on a budget?**

Here are four recipes for simple mocktails made with ingredients you probably have. Find more mocktail recipes online.



### Virgin Mary

- 100ml tomato juice
- 1 dash lemon juice
- 1/2 tsp Worcestershire sauce
- 2 drops Tabasco sauce

Fill a glass with ice and add all ingredients. Garnish with a slice of lime.



### Sparkling Sangria

- Sliced apples, strawberries, oranges
- Frozen grapes
- Sparkling grape juice

Add fruit to a glass and top with the sparkling grape juice.



### Faux Champagne

- Ginger ale
- White grape juice
- Pineapple or orange juice
- Frozen fruit

Add equal parts of the ingredients to a champagne glass and decorate with frozen fruit.



### Chocolate Mocktini

- Chocolate syrup
- 1/2 cup chocolate milk
- 1 cup choc mint icecream
- Ice and candy cane

Coat the inside of a glass with the chocolate syrup. Blend together the ice cream, milk and four ice cubes. Garnish with the candy cane.

## Survival Kit

### MAKE IT MANAGEABLE



#### Throw the party after lunch.

Having a party at a meal time allows your guests to assume you are providing a full meal. Having a morning or afternoon tea you only offer a cake and drinks.



#### Don't invite too many people.

The more people, the more you need to spend on food and drink.

### BE REALISTIC



**No goody bags.** Give instead one gift to each guest.



**Get cheap decorations.** What do you actually notice? Do you need banners, table clothes and fancy table decorations?



**Brave a party at home.** Do you really need to hire a venue? Are you paying for the convenience of someone else looking after the children and the clean-up? If you don't mind mess consider have a party at home or in the backyard.



**Keeping up with the Jones'.** Are you setting up a great party for you? Are you trying to compete with who has the best venue, food, etc.? Who are you trying to impress?

### BE PREPARED



#### Set reasonable expectations.

Give your child choices of what they would like to do. Do they want a backyard party with ten kids or taking two or three friends to the movies?



**Set a budget.** Spend money on what is important. Does the person want a fabulous cake or party games? Can you make decorations or call in party favours or food?



**Set a time limit.** The longer you need to entertain the more money you need to spend on food and entertainment.



# Christmas

**Just like a birthday party Christmas time can be expensive so here are some tips on how to have a great Christmas on a budget!**

## Gift Ideas

Rather than buying a present for every person in your family, have a Secret Santa type thing. Put the names of family members you would be buying presents for in a bowl and you and the kids pick a name or two from the hat and buy that person/people a present only. To ensure you don't spend too much, set a maximum price.

## Make your own presents

- Mason Jar Hot Chocolate
- Mason Jars for however many people you are gifting
- Hot Chocolate Powder
- Choc Chips
- Mini Marshmallows
- Candy Canes (crushed plus extra whole candy cane)
- Cute Decor Tags

Fill jars halfway with hot chocolate powder and top with choc chips, mini marshmallows and crushed candy canes. Decorate the tag however you want, I simply wrote Merry Christmas on one side and what was included on the other and tied the decor tag with a whole candy cane. The entire process cost around \$10, that said I did get the bag of hot choc powder for free so with that maybe around \$15.

## Personalised Candles

A great idea for teachers! Buy small votive candles (scented to suit holiday if you like, don't just stop at chrissy!) find an online sticker maker (Vistaprint is good and always have offers) and design your candle sticker anyway you like, but to personalise include their name and perhaps a pic of something they like. When the stickers arrive just pop onto the sticker onto the candle and wrap in cellophane.



Blended/divorced family holiday tips:

[lemonlimeadventures.com/holiday-tips-for-blended-families-divorced-families/](http://lemonlimeadventures.com/holiday-tips-for-blended-families-divorced-families/)

**TIP**



## Geilf the Elf

Geilf was one of Santa's elves but he has decided to go his own route. Unlike Santa, Geilf only has a small factory so he can't get to everyone like Santa can. So Geilf decided to surprise the families who can't be together on Christmas so they can still celebrate.

**CHECK THIS OUT!**



## Decorations

Like with the presents, why not make your decorations!

**Felt Tree**—By having a felt tree tacked to the wall allows younger children to play with the felt tree rather than the real thing.

**Lanterns**—Paint a toilet roll red inside, white outside, roll in glitter whilst still wet, leave to dry then cut along the rolls natural line (leave a few centimetres spare on top & bottom) punch a hole in so you can hang them up.

**Paper Décor**—Fold paper doilies like a paper fan (concertina style) and tape ends, voila pretty paper decorations.

For more Make your own decorations go to:

[www.spotlightstores.com/projects/christmas-projects](http://www.spotlightstores.com/projects/christmas-projects)

**TIP**



## Advent Calendar Ideas

### Make your own

1. Glue envelopes, with the flap at the front, to a board or tack up to a pin board, number and fill with whatever you want!
2. Paper bag advent calendar instructions go to: [prettyprovidence.com/?s=Paper+Bag+Advent+Calendar](http://prettyprovidence.com/?s=Paper+Bag+Advent+Calendar)
3. Mason jar, clean, decorate & fill a mason jar with the things you want to do with the kids before Santa comes.
4. Clean a 24 hole mini muffin tray and fill with lollies, chocolates, or activities like in the mason jar. Just decorate “cover tops” to hold goodies in place and hang on a door or wall.

### Give Back

a reverse calendar, give back to the community by placing a small item (canned goods, toothpaste & brush, a toy your child doesn't play with anymore etc.) in a box and at the end donate to a Christmas time charity.

### Balloons

number, fill with whatever you like and blow up balloons for your kids to pop each morning.



## The Food

If you are hosting a Christmas meal at your place follow these tips for a stress free meal.

- Don't make things harder than they have to—if you're low on time buy pre-done items like a turkey roast you just have to microwave or chuck in the oven for an hour.
- Pick one main protein and stick with it—ham, chicken, turkey etc. Add a few salads if doing a cold menu or potatoes & glazed carrots for a warm menu. Don't forget the bread rolls!
- Choose an easy entrée—something you can make a batch of and then simply portion to entrée size like arancini (simply whip up your fave risotto, let cool, add an egg, a piece of mozzarella in the centre, roll in breadcrumbs & shallow fry)
- Buy a pre-made dessert—like pavlova you can decorate yourself or a Christmas fruit cake. Alternatively make some cookies or cupcakes.
- Have your guests bring their own alcohol or if you're really stretched a plate of something for a all in family pot luck Christmas.

# Libraries and Museums

## Libraries

**Mandurah Library**— 331 Pinjarra Road, Mandurah.

**Falcon eLibrary and Community Centre**— Cnr Flavia Street and Cobbler Road, Falcon.

**Mary Davis Library**— 17 Settlers Ave, Baldivis.

**Darius Wells Library and Community Centre**—Chisham Ave & Robbos Pl, Kwinana Town Centre

**Rockingham Districts Toy Library**—13 Fifty Road, Baldivis or Port Kennedy Family Activity Centre 5 Clipper Drive, Port Kennedy.



WA Museum—  
how it will look  
when finished.

## Museums

**Mandurah Community Museum**—

3 Pinjarra Road, Mandurah. **Cost:** gold coin donation **Open:** Tuesday-Friday 10am-4pm, Saturday and Sunday 11am-3pm.

**West Australian Museum**— (currently closed to the public due to the new bigger, better museum opening in 2020), James St, Northbridge (virtual tour available) **Cost:** gold coin donation unless going to an exhibition, exhibition prices available from;

[museum.wa.gov.au/](http://museum.wa.gov.au/)

**WA Maritime Museum**— Victoria Quay, Fremantle. **Cost:** Museum—Adult \$15, Concession \$7.50, kids 5-15 free and family (2+ 2) \$30. Submarine Ovens - Adult \$15, Concession & kids 5-15 \$7.50 and family (2+ 2 or 1+3) \$35. **Open:** Monday to Friday: 9.30 am– 4.00pm, Saturday: 11.00 – 4.00pm, Sunday: 9.30 – 4.30pm.

**WA Shipwrecks Museum**— 45 Cliff St, Fremantle. **Cost:** Free or \$5 donation.

**Open:** Monday-Sunday 9.30am—5.00pm.

**The Rockingham Museum**—Cnr Flinders Lane & Kent St, Rockingham. **Cost:** Adults \$2.20 and children under 16 years 0.55c.

**Open:** Tuesday-Sunday 1pm-4pm.

**Smirks Cottage**— 5 Beacham Cres, Medina.

**Cost:** Free. **Open:** First Sunday of every month.

**Sloans Cottage**— Sloan Dr, Leda. **Cost:** Free.

**Open:** Run by the Kwinana Community Share garden group who meet at Sloans every Saturday. Go down for a chat and get the kids involved in a community garden.



# Parks and Playgrounds

## Skate Parks and BMX

**Mandurah Skate Park**— Halls Park, Cnr Leighton Place and Pinjarra Rd, Mandurah

**Falcon Skate and BMX Park**— 3 Flame Street, Falcon

**Pinjarra Skate Park**— Roe Ave, Pinjarra

**Mandurah BMX Track**— Milgar Street Reserve, Mandurah

**Duverney Reserve Skate Park and BMX Zone**— 221-239 Wanjeep Street Coodanup

**Southern Districts BMX Raceway**—Tucker St, Medina



## Parks and Playgrounds

**Quarry Adventure Park**— Pebble Beach Blvd, Meadow Springs

**Caterpillar Playground**— Milgar Street Reserve, Mandurah

**Keith Holmes Reserve**— The Lido, Marina Precinct, Mandurah

**Eastern Foreshore**— Mandurah Terrace, Mandurah

**Osprey Park**— Cnr Bridgewater Blvd and Egret Point, Erskine

**Dawesville Foreshore Reserve**— Estuary Road, Dawesville

**Seascapes Playground**— Cnr Acerosa and Boardwalk Blvd, Halls Head

**Eros Reserve**— Cnr Eros Place and Orestes Street, San Remo

**Adventure Playground**— Walgreen Cres, Calista

**Bulrush Park**— Irasburg Parade, Wellard

# Nutrition

## Ketogenic Diet

### Primary Purpose

Weight loss

### Method

Eat more fat, eat less carbs

### Effects

Permanent state of ketosis (survival mode) and less calorie intake

Good Foods	Bad Foods
Avocado	Oats/Grains
Pork	Most Beans
Poultry	Potatoes
MCT Oil	Rice
Olive Oil	Pasta
Nuts	Soft Drink
Fish	Apples

### Additional Info

- Fish is the optimal food for this diet
- Avoid trans fats entirely
- Fat can increase your HDL which is your good cholesterol
- Fat helps your stay fuller for longer
- Smaller fish can be eaten once every 3 days
- Larger fish contain more mercury and should only be eaten once a week
- Saturated fats are not as unhealthy as first thought, but should always be supplemented where possible

## Vegan Diet

### Primary Purpose

No animal product consumption

### Method

Use alternate foods to attain vitamins

### Effects

Less likely to develop mental illness  
Low in fat, B12, Calcium, Iron and Omega 3 fats

Good Foods	Bad Foods
Kale	Meat
Quinoa	Eggs
Soy Milk	Milk
Legumes	Butter
Nuts	Cheese
Root Veg	Fried

### The Supplements

- Replace milk with soy
- Replace meats with tofu
- **B12**—Supplements or fortified soy milk
- **Calcium**—Kale, leafy greens, and fortified soy milk
- **Iron**—legumes, nuts, seeds, wholegrains, and dried fruits (different from animal iron)
- **Omega 3**—fish and contain the most benefits such as increased childhood development, assistance with rheumatoid arthritis and a reduction of ADHD symptoms

Vitamin C increases the rate at which you absorb the plant based iron



**TIP**

## Paleo Diet

### Primary Purpose

Control insulin sensitivity, repair gut health, and increase nutrient absorption

### Method

Avoid consuming processed/refined foods and eat fresh instead

### Effects

Better movement, easier time sleeping, and less stress

Good Foods	Bad Foods
Fresh Food	Processed Food
Fish	Grains
Berries	Legumes
Herbs	Refined Sugar
Lettuce	Dairy
Chili	

### Additional Info

- It's about recognising our genetic predisposition and applying current knowledge of how different foods and activities affect our body's functions such as metabolism, digestion, insulin sensitivity, and systemic inflammation
- Dairy consumption depends on your gut health and whether you have any autoimmune
- Avoiding processed/refined foods avoids the negative inflammatory effects they cause



# Recipe Ingredients

## Survival Kit

How to Keep You and Your Children in Good Health

### PREPARE



Look at the price of healthy foods in you local area via catalogues



Make an area in your fridge or cupboard to store your supplies

### PLAN



Create a list of items you can afford based on your budget



Create a list of what dinners you would like to eat on which days

### SURVIVE



Encourage your children to try new foods and eat healthier



Keep your diet realistic budget-wise and allow yourself off-days where you deem necessary



**CHECK THIS OUT!**



**Complete List of Diets**

(Alphabetical Order)

[www.everydiet.org/diet](http://www.everydiet.org/diet)

## Carbs

### Toasted salad sandwich

Food	Fat	Protein	Carbs
Lettuce	0.2g	1.4g	2.9g
Tomato	0.2g	0.9g	3.9g
Carrot	0.2g	0.9g	10g
2xWhite Bread	1.6g	4.6g	24g
<b>Total</b>	<b>2.2g</b>	<b>7.8g</b>	<b>40.8g</b>

## Fats

### Scrambled eggs

Food	Fat	Protein	Carbs
Egg	7g	6g	1g
1xWhite Bread	0.8g	2.3g	12g
<b>Total</b>	<b>7.8g</b>	<b>8.3g</b>	<b>13g</b>

### Salmon and avocado salad

Food	Fat	Protein	Carbs
½ Salmon fillet	27g	40g	0g
Avocado whole	29g	4g	17g
Spinach	1.4g	5.2g	7.4g
10xCherry Tomato	2g	13g	4.6g
<b>Total</b>	<b>59.4</b>	<b>62.2</b>	<b>29g</b>

## Protein

### Beans on toast

Food	Fat	Protein	Carbs
1xCan of baked beans	11g	13g	48g
1xWhite bread	0.8g	2.3g	12g
<b>Total</b>	<b>11.8g</b>	<b>15.3g</b>	<b>60g</b>

### Chicken and sweet corn soup

Food	Fat	Protein	Carbs
Whole Chicken	128g	230g	0g
1xSweet Corn	3g	8g	47.5g
1xBunch of Spinach	1.1g	8g	10g
½ Water pot			
<b>Total</b>	<b>132.1g</b>	<b>246g</b>	<b>57.5g</b>



# Find the perfect sport for your child

## Competitive sports

Competitive sports allow children to learn how to grow and change to adapt to new challenges and compete against other teams.

Young children will naturally tend towards competitive sports due to the social factors of being able to play with their friends and see who's the best at what.

This is perfectly normal and is very important for ensuring your child stays motivated to strive to get better at doing certain tasks.

Sports also teach kids how to communicate with other people such as, their team mates, competitors and authority figures. It also develops with their friends and families.

## Teamwork

Competitive sports will teach children how to communicate and work together and problem-solve which are all vital skills they will need later in life for work and career development.

When working together as a team, they will have to learn common game strategies and how to play as a team where everyone has a role and how to carry out their team duties.

Depending on the situation, they will need to rethink their team strategy from time-to-time. This will teach them how to handle difficult situations and problem solve using the help of others and make them more social.

## Establishing motivation

Becoming the best at something can be a big deal for children and some have been know to practice

tirelessly just to become the best at their chosen sport.

This drive for success does not stop out on the field as children will now also find themselves trying harder to achieve success in other areas of their life.

It is very important that your children have passion in what they do and by allowing them to do what they love in their free-time it will keep them busy and give them something to look forward to after school and on the weekend (even if you can't be there).

## Popular sports for kids

In Australia, most children tend towards playing:

- Soccer
- Football
- Netball
- Volleyball
- Cricket
- Tennis

## Most popular kids sports

(Roy Morgan Research ,2015)

### 6-13 years

- 48.8% Swimming
- 48.7% Soccer
- 37.7% Cycling



### 14+ years

- 10.1% Swimming
- 07.3% Cycling
- 4.4% Bushwalking

## Popular at Australian sports camps

### 6-13 years

- 48.7% Soccer
- 30.5% Basketball
- 25.7% Cricket



## Survival Kit

How to join a sports club

### PREPARE

- Seek advice about what sports your child would be good at depending on their school performance from teachers .
- See what clubs are available at in your area and what the conditions of entry are.

### PLAN

- Ask your child about what sports they'd like to play and why.
- Discuss with club coaches or check club websites for details for fees, schedules, equipment and uniforms.

### SURVIVE

- Enrol your child in a sport club of their choosing.
- Fill out the necessary forms and keep track of the yearly training and games fixtures

Apply for a \$200 sports grant from Mandurah City Council.

Go to: [www.mandurah.wa.gov.au](http://www.mandurah.wa.gov.au)

→ Click 'grants' under 'Permits and Approvals'

→ Click 'kidsport'



# Adolescence and sport

## Club Sport



### What is adolescence?

When your child becomes old enough to no longer be referred to as a kid but not quite an adult either.

It is generally associated with the teenage years between 13 and 18 years old. It's a time of great change for your child both mentally and physically.

### What does this mean for your child's sporting career?

Potentially nothing but it has been found that after the age of 14 kids begin to stop favouring competitive sports as much and begin looking at isolated activities instead.

To prepare for this, look for alternative activities they may be interested in and help steer them in the right direction.

### Common adolescent activities

As children grow into adolescents they begin to become more prone to isolation and will begin engaging more in isolated activities such as eating, social media, phone, TV, computer or radio).

You can help them transition to an isolated activity or hobby such as collecting, puzzles, building models, etc.

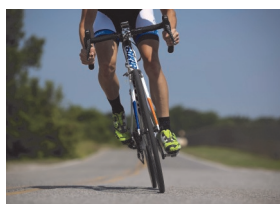
Instinctively, you may want to spend more time with your teenager to help them through this period but you should also be prepared to give them plenty of space. They'll need the space to find their new chosen lifestyle.

It may actually be better to casually suggest a few ideas to them over time, and let them make up their own mind as to what

they feel is right for them.

It is important to remember that this is a very curious and unknown time for kids and parents alike, and that your children are testing almost everything that they do for learning purposes.

Try not to expect any of their decisions to be permanent (phases) and allow them the freedom they need to learn and grow.



### Healthy competition

Clubs offer many different types of rewards (and trophies) for an array of achievements. The drive for achievement will encourage your child to do better, learn more and want to succeed.

### Competitive environment

Being a part of a club enables you and your child to obtain a yearly fixture of the club activities and practise sessions you'll need to attend. It's a good idea to create a functional schedule of these activities and display it on the fridge.

Some schools offer school club opportunities for your children so that they can play games with a fair, familiar, and relevant age group.

### Establish a social group

By joining a club, your child will meet many new people, be they on the same team or not. They'll learn how to communicate and use teamwork to deal with difficult situations.

Playing sports in a team helps your child bond with their teammates and make numerous friends.

You can expect they will bring the friendship outside of the club and back home.

**CHECK THIS OUT!**

**Soccer clubs**  
[www.peelsoccer.com.au](http://www.peelsoccer.com.au)

**Swimming clubs**  
[www.peelaquatic.swimming.org.au](http://www.peelaquatic.swimming.org.au)

**Cycling clubs**  
[www.pdcc.asn.au](http://www.pdcc.asn.au)

# Family Holidays

Taking the kids on a family holiday doesn't have to break the bank. Something as simple as driving for an hour to a nice camping area and letting your kids marvel at the natural world they normally wouldn't see!

## On the Weekend

If you don't have a million things to do on the weekend or you find some time

and the kids are tearing the house up in their boredom, why not try a few of these "weekend trips".

**Friday Night Dress Ups**—drag out the dress up box and a few of your old clothes for a fun and funny Friday night, whip up some "home style" takeout, chuck on some music, dress up and be silly.

**Mystery Drive**—pack up a picnic, some snacks for the road and start driving! The kids will tell you left, right or straight and see where you end up!

**Geocaching Road Trip**—a GPS treasure hunt! Got to;  
[geocaching.com.au/](http://geocaching.com.au/) for more details.



## **Did you know ...**

In 2015 research conducted by the Family Holiday Association of Britain revealed our happiest memories are of family holidays. Of those surveyed:

- 49% reported their happiest memories were of family vacations.
- A third of the respondents said they can still vividly remember their childhood family vacations.
- A quarter of them admitted to using such memories to get them through tough times.

## **CHECK THIS OUT!**



Things to think of before you go

[www.kidspot.com.au/Family-Budget-Money-saving-tips-Budget-family-travel+1797+156+article.htm](http://www.kidspot.com.au/Family-Budget-Money-saving-tips-Budget-family-travel+1797+156+article.htm)

## **Unexpected Events**

Holidays can throw up unexpected situations. Spending time in new environments and doing different activities with the kids can result in injuries or damage to furniture and equipment.

Be prepared;

- \* Step back and scan the environment for anything that could hurt your child, or that your child or you

could cause damage to. Remove anything at risk, if possible.

- \* Keep a first aid kit close by (check out our basic first aid guide for more information).
- \* Organise with a friend or neighbour to look after the kids in case you need to make a trip to hospital.

**Try not to let any accidents spoil your fun!**



## **CHECK THIS OUT!**







10 Tips on having a budget holiday;  
[www.mouthsofmums.com.au/10-tips-to-plan-a-cheap-holiday/#oePWk-lkCDHYmGftr.97](http://www.mouthsofmums.com.au/10-tips-to-plan-a-cheap-holiday/#oePWk-lkCDHYmGftr.97)








## Survival Kit

### PLAN

	Choose a date for the holiday at least three months in advance.
	Decide what kind of holiday you want. Include the kids in the planning to spark their imagination and yours.
	Decide on your budget and get started on your savings plan.
	Spend some time imagining the holiday—activities, meals, sleeping arrangements, safety etc.

### PREPARE

	Keep on the lookout for food and drink specials.
	Beg and borrow equipment you don't have: DVD's, music, tents, sleeping bags, eskies etc.
	Keep equipment and goodies in one place if possible.
	Spend some time organising a couple of surprises. This could be a talent night with goofy prizes.
	Keep a camera close. Take turns using the camera to record photos and videos of your holiday.



## 2 Awesome Budget Friendly Staycation Activities!

### Slumber Party

**When:** Saturday afternoon to Sunday afternoon.

**Where:** In the largest room in your house or unit. Rearrange the furniture leaving room for cushions, mattresses, pillows and sleeping bags.

**What:** Hang out in your PJ's the entire weekend.

Play board games, cards and have pillow fights.

Tell them stories, kids loving hearing stories from when you were young, include some scary ones too!

Play music.

Watch movies, marathon a movie series like Harry Potter or do a "season in a night"!

The joy of going to sleep together and waking up together.

**How:** Make it easy for yourself and pre prepare food and drinks and set up in an esky so you don't need to go into the kitchen (unless to toast some marshmallows!

Also let you and the kids go without a shower for one night, this includes brushing their teeth!

### Camping at Home

**When:** Saturday afternoon to Sunday afternoon.

**Where:** In the backyard or the rearrange largest room in your house or unit,

**What:** Set up the tent. If you can't get your hands on a tent, make one out of sheets and blankets.

Play together. Go to the park for a game of cricket or touch footy, set up a treasure hunt or obstacle course.

Tell stories around a fire or camp lamp.

Toast marshmallows. If you are "camping" inside and have a gas cooktop use that, trust me it works like toasting them over a fire!

The joy of going to sleep together and waking up together.

# Music

## Where to start

### How music and playing instruments helps children



Listening to music and learning to play a musical instrument benefits your

child in so many positive ways.

For example:

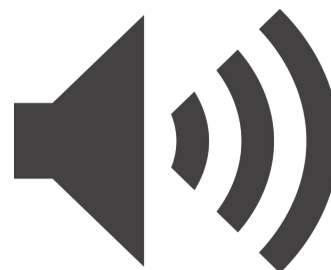
- Improves brain development in regards to memory, hand-eye coordination and listening skills
- There's something fun to do in their free-time
- Provides goals to achieve
- Provides something to look forward to
- Gives them a sense of accomplishment when they learn a new instrument or song
- Listening to music improves listening and memory skills in infants
- Gives them a chance to learn about different songs and artists
- Improves social skills when played in a band or group
- Opportunities to learn different kinds of information such as reading music or chord tabs
- Practise teaches time management and scheduling
- Singing strengthens vocal cords

### Instruments to learn



- Flute
- Tamborine
- Xylophone
- Keyboard
- Trumpet
- Recorder
- Use a microphone
- Clarinet
- Guitar
- Piano
- Banjo
- Drum set
- Harp

## Noise levels



### Populated Areas

Extra care should be taken in well-populated areas to avoid disturbing neighbours as they may lodge a noise complaint.

Less-populated suburban areas should also be taken into consideration as loud instruments can travel a fair distance.

### Avoiding Complaints

If you know your neighbours will be able to hear your child practising their music, it's a good idea to talk to them first to find out if they would be okay with your child practising at home or if not, when they would not be home to hear it.

It is also a good idea to find an isolated location for music practise especially band practice. You could ask your local council or school if they have safe facilities for your child to practice.

### Noisy Instruments List

- Bagpipes
- Piano
- Trombone
- Drum set
- Foghorn
- Fiddle
- Electric Guitar

#### CHECK THIS OUT!



For musical instruments and singing classes for kids in the Peel region, go to [www.activeactivities.com.au](http://www.activeactivities.com.au)  
→ Type in the Search box 'Mandurah'





# Travelling

## Travelling by car

Interstate car travel should be done using interstate highways and pre-planned routes using GPS and allow for pit stops and sleeps from day-to-day.

### Final Checks

- Ensure you have all the correct child restraints fitted and your car is serviced
- Pack a bag of goodies in the passenger seat so they are in reach if your child wants something
- Have a good variety of road games ready to play
- Have music ready at your fingertips
- Plan your trip, for example, if you have an infant with scheduled feeds determine your driving and stopping times. If you have a toddler or older child or plan your stops near a playground and pack food

### Airport Parking Options

#### 1. Short term parking

If you are getting dropped off or picked up

#### 2. Drop off and pick up zone

Considering it is only a drop off and pick up zone, you aren't permitted to park your car in this area

#### 3. Long term parking

Consider how you will get to the airport from the parked car

## What to Pack for Kids for Any Trip

- Water
- Milk/Formula
- Snacks
- Toys
- Nappies
- Wipes
- Trash bags
- Blankets
- Change mats
- Prams/Strollers

If you are ever uncertain of what to do or where to go, you can always seek out the locals for good advice to avoid tourist traps or dangerous areas.



## Travelling by Plane—airport options

- Check to see if the airline offers a meet and assist service, juggling your child and luggage can be hard. Some airlines offer assistance from the time you check-in until you arrive at your destination and clear customs
- Consider a baby sling or umbrella stroller, some strollers are so compact you can take them on board
- When packing your luggage, consider how you will manage e.g. use a backpack instead of a nappy bag. Consider a pull along bag for the kids as they will think it may be fun
- Visit the airport websites. Each airport has different things they will. Always check their rules and regulations and their terms and conditions

### Travelling to the airport options

- Taxi
- Drive your own car
- Public transport
- Shuttle bus
- Get a lift from a friend

# Finding a Hotel

## Survival Kit

How to Plan your Road Trip

### PREPARE



Pack up the car the night before, it reduces departure-time stress and it allows you to be more organised and reduces the chance of forgetting something



Keep important stuff out of the boot, pack only stroller or pram in the boot along with the bulk necessities

### PLAN



Stockpile stuff within arm's reach, have a basket of toys in the centre of the backseat, so your child has a variety of toys to play with during the trip



Keep your own stuff handy too, such as snacks and drinks close for in the in between stops along the way

### SURVIVE



Bring a friend, to keep you company and alternate drivers so you don't get tired from all the driving



Relax and enjoy the journey, enjoy the thought of driving down the open road with those you love the most in this world

### CHECK THIS OUT!



### Parent and Kid Promotions

[blog.gogo-vacations.com](http://blog.gogo-vacations.com)

→ Search 5 Tips for Booking A Single Parent's Vacation (Yes, With the Kids)

### What to look for

[www.tripsavvy.com](http://www.tripsavvy.com)

→ Search Single Parent Travel Tips and Advice



### Kid Friendly Hotels

Some hotels claim they are kid friendly but aren't really. Before booking you must do your research to find the right hotel

Look out for

- Mini fridge in guest room to store milk, juice and snacks
- Complimentary travel crib or cot that you set up in your room
- Separate kiddie pool or splash pad where little ones can cool off
- Children's programs at the destination resort
- Free breakfast WIFI
- Ensure there is a laundry
- See if the hotel provides evening babysitting

### Single Parent Promotions

Some resorts e.g. beaches in the Caribbean, have single parent promotions. Beaches host a regular single parent fun month promotion where they waive the single supplement and schedule extra activities geared towards the single parents and their families.

### Kids Free Promotions

Some chains e.g. Hard Rock hotels and Walt Disneyworld, offer free kids promotions. They offer 2 children 12 and under stay and eat free.

At Disneyworld children 17 and under stay free certain times of the year helping single parents and their teens enjoy their luxury vacation.

### Hotel Booking

When travelling with your kids try to book at a hotel that has set prices based on per person per night or per room per night.

Also check for companies that off regular promotions for single parents travelling.

For information on single parent travelling you can either speak to a travel agent, your parents or anyone else you know with travelling experience.

### TIP



# Relocation

## Consideration and Expectations

- Check that relocating will really be best for you and fully weigh all the advantages and disadvantages of each location before making your mind up.
- Expect your children to have grown attached to their current home and give them time to adjust.

## Time Management

By planning an operation in advance from start to finish, you will avoid set backs from having to make changes during the removal process, Thorough planning will ensure that you will know what needs to happen and that you can communicate and develop a mutual understanding between you, the removalists and the seller/leaser of the new home.



## Planning

- Plan with at least one other person and run through your plan with other people to find any potential problems and learn different methods.
- Make a schedule of every task you want to complete and give yourself plenty of time, ensure that your deadlines are realistic and will get you finished in time.
- Finish planning from start to finish before starting anything.

Plan for delays and allow plenty of time for errors or miscalculations to avoid being in a state of panic.



## Packing your Things

Pack all your things into large moving boxes in advance to avoid the movers going through all your possessions.



## Removalists

Ideally should inspect your property thoroughly and establish a full plan for how they intend to move your furniture before providing a quote detailing expected costs.

Try to obtain at least 3 quotes from removalist companies such as:

- Removalists Mandurah.
- Express Pick-up and Delivery.



## Choosing the Right Company for you

Find the removalist companies located near you online and thoroughly check out each website and read their reviews to learn more about how they function and their efficiency history.

Call or send an email requesting an inspection.

**CHECK THIS OUT!**

## Time Planning

[www.movingservices.com.au](http://www.movingservices.com.au)

→Click 'planning a move'.

→Click 'how-to-move-house'.

→Click 'creating a moving house plan'.



## Moving Boxes

[www.hireabox.com.au](http://www.hireabox.com.au)

→Perth

Be sure to keep and record a quote from the removalists when they inspect your property.

Keep all your moving documentation filed away together.





# Additional Information

## Survival Kit

How to Avoid Complications

### PREPARE



Get advice from friends and family if you are unsure of how long moving operations take and what you will need.



Do plenty of research on every removalist company, find one close to you that has good reviews.

### PLAN



Talk through a plan with your friends and family and see if anyone could give you a hand.



Learn what to expect and what obstacles could cause setbacks and how they can be avoided.

### SURVIVE



Be sure to stay in shape and eat healthy/stretch to stay strong and healthy in the months coming up to the move to ensure that you stay fit.



Keep your friends, family and removalists up to date with your plan as it progresses.

## Public Transport—Transperth

If you are unable to drive and you are moving to an area isolated from friends and family, trains and buses are a very reliable way to travel assuming you leave time for if you miss the bus or train.

Website Info suggestions:

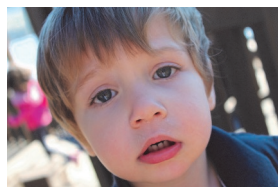
[www.transperth.wa.gov.au/](http://www.transperth.wa.gov.au/)

- [Journey Planner.](#)
- [Service Changes.](#)
- [Tickets & Fares.](#)
- [Smartrider.](#)

## Children

Children tend to get very emotionally attached to their environment (school, neighbours, friends) and it is not unreasonable for them to feel upset about this decision as it will affect their life massively.

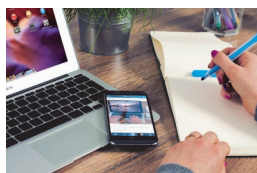
You should not feel guilty about this, instead give them time, be honest and supportive where possible and perhaps have them take up a hobby or sport to help them take their mind off the move.



## Scheduling your Move

First workout everything that needs to be done using a task schedule in the months leading up to the move and work backwards from the deadline to ensure that you have enough time.

Be realistic with your expectations and use the days of the week to your advantage where possible (Saturday for indoor work, Wednesday for outdoor work).



## Allowing Time

Ensure that you and your helpers are free on the days you have scheduled and work together to enhance efficiency.



## CHECK THIS OUT!



## Removalist Companies

[www.oneflare.com.au](http://www.oneflare.com.au)

Scroll Down to 'Most requested services'

→Removalists

→Mandurah WA 6210



# Maintenance

Maintaining a house takes a lot of time and effort. It can be surprisingly hard for beginners to learn all the necessary tasks.

## Do every day

- Feed pets.
- Wash dishes.

## Do 2-3 times a week

Water indoor plants and the garden.

## Every Week

Take out the garbage.

## Every 4 Weeks

- Clean the bins.
- Wash the car and check the fluids (oil, water, etc.).
- Dust the furniture (bedrooms and lounge rooms acquire dust really fast).

## Seasonally

Clean the gutters, De-frost the freezers.

## Maximising Efficiency

To make the best use of your time, focus on doing certain tasks on certain days such as household tasks on one day and outdoor tasks on another. The most efficient way to make this a reality is with a task schedule.

### Task Schedules

Plan your maintenance tasks in a schedule (daily, weekly, monthly). A task schedule means you know what to do and when to do it next. This ensures you will always have time to do it, and if not, reschedule quickly.

### Bins

When cleaning bins, allow the cleaning product to sit at the bottom of the bin (where most of the dirt is). This allows the product to dissolve the waste away before you hose it off.

## Dusting

Well used areas accumulate dust at a much faster rate. Dust these areas frequently. Use a dust brush to collect excess dust over the walls and furniture and a vacuum or broom to clean the dust off the floor. To manage dust in rooms not used regularly, use dust covers on the furniture.

### Dangers of Dust Build-up



Vacuuming and cleaning are vital for preventing dust from sticking to your electronic equipment and clogging ventilation. There is also the risk of breathing in bacteria living in the dust. Dusting should be done on a monthly basis.

## Vacuuming



After vacuuming, empty the vacuum dust as soon as possible. Once emptied, dust the bag before returning it to the vacuum.

How often you vacuum and area will depend on how often the area is used. Heavily-used areas requiring vacuuming once or twice a week.



## Watering Guide

[www.ourhouseplants.com/guides/watering](http://www.ourhouseplants.com/guides/watering)

## Bin Cleaning Guide

[www.supercleanbins.com.au/testimonials](http://www.supercleanbins.com.au/testimonials)

CHECK THIS OUT!



## Collection Guides

Outline everything you need to know about bin/kerbside collections and which dates they fall on for that financial year. You can expect to receive a hard copy in the post sometime in June each year. If you lose this copy, you may download it from the local government website as a PDF.

## TIP



# Additional Information

## Survival Kit

How to keep your home and equipment properly maintained

### PREPARE



Have a work schedule ready in advance



Have a place to store all your schedules

### PLAN



Think about what days would be best for which tasks and which tasks would be best done together



Think about what might affect your task schedule (weather, events, new tools/furniture)

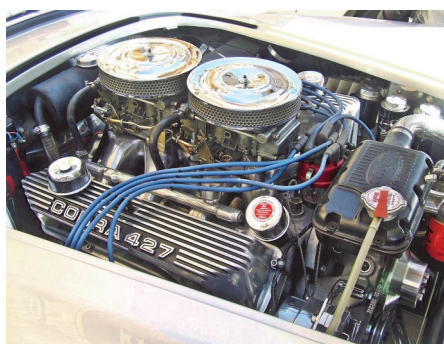
### SURVIVE



Keep your car running and your family happy and healthy



Keep your garden fresh and green and freshly trimmed



## Car Maintenance

You should check your cars motor every week (brake fluid, radiator fluid, water level, petrol, transmission fluid, battery) to check for any damage, or signs that a replacement may soon be needed and clean your car at least once per month to ensure that it looks as good as it runs.

## Gardening

Fertiliser should be applied just before watering to maximise effectiveness. Check information about your species of plant to learn what soil acidity it requires and how much water/fertiliser/direct sunlight it requires to optimise growth and choose the location wisely.

## Collection Guides

Outline everything you need to know about bin/kerbside collections and which dates they fall on for that financial year. You can expect to receive a hard copy in the post sometime in June each year. If you lose this copy, you may download it from the local government website as a PDF.

## Lightbulbs

Lightbulbs will either blow-out or be smashed over time and require changing. To change them, stand on top of a stool or small table to allow you to reach the bulb with ease and turn the bulb anti-clockwise until it is loose, then remove it and replace by screwing the new bulb in clockwise. To prevent blow-outs, try to minimise the time the bulb is used for each day by turning it off when you leave the room to prevent overheating.

## Leaks

When a leak occurs the pipeline has become damaged and needs to be repaired. It is advisable to turn your waterline off at your water utility main (usually located out the front) and report the leak to a plumber to have them come and fix it for you.

## Locks

If you are purchasing your home, you should ensure that the locks have been changed by a locksmith upon your arrival to prevent other people (such as previous owners) from being able to access your home without your consent.



# Games

## Free

### Play Properly!

Look up every game before you play it.

Get creative and make up your own games.



- Blind Man's Bluff
- Capture the Castle
- Charades
- Follow the Leader
- Guess Who?
- Head, Shoulders, Knees and Toes
- Hide and Seek
- Hokey Pokey
- Hopscotch
- Hot Potato
- I Spy
- Marco Polo
- Musical Chairs
- Musical Statues
- Pat-a-cake, Pat-a-cake, Baker's Man
- Relay Race
- Ring Around the Rosie
- Sand Castles
- Sardine
- Simon Says
- Tag
- What's the Time, Mister Wolf?

## Almost Free

### CHECK THIS OUT!



### More Games!

For more details refer to 100 Party games at [kids-party.com](http://kids-party.com)

- Balloon Stomp
- Balloons
- Bean Bag Toss
- Blind Makeover
- Bobbing for Apples
- Bubbles
- Button, Button, who's got the button?
- Colouring-in Books
- Doughnuts on a String
- Drawing
- Dress-up
- Egg and Spoon Race
- Face Painting
- Finger Painting
- French Cricket
- Limbo
- Obstacle Course
- Pass the Parcel
- Pin the Tail on the Donkey
- Play Dough
- Potato-Sack Races
- Puzzles
- Skip-rope
- Three-Legged Race
- Treasure Hunt
- Tug of War
- Turn a Cardboard Box into a Train and Car Tunnel
- Water Balloon Toss
- Water Pistols

## Classic Games

Available at Kmart (Mandurah)

[www.kmart.com.au](http://www.kmart.com.au)

- \$2.00 - Marbles
- \$3.00 - Pick-up Sticks
- \$3.00 - Card Games: Go Fish, Old Maid, Rummy, Snap, Solitaire (FreeCell, Klondike, Pyramid, TriPeaks)
- \$5.00 - Checkers/Chess
- \$5.00 - Dominoes
- \$5.00 - Snakes and Ladders
- \$5.00 - Skittles
- \$8.50 - Uno
- \$24.99 - Connect Four
- \$25.00 - Cluedo
- \$25.00 - Monopoly
- \$25.00 - Twister

Available at Toyworld (Mandurah)

[www.toyworld.com.au/](http://www.toyworld.com.au/)

- \$19.99 - Nerf Guns
- \$24.99 - Magtastix Balls and Rods (20 Pieces)
- \$29.99 - Boggle
- \$29.99 - Jenga
- \$39.99 - Pictionary
- \$39.99 - Scrabble
- \$49.99 - Lego
- \$49.99 - Meccano (150 pieces)
- \$59.99 - Risk



# Toy Libraries

## Survival Kit

How to play games properly

### PREPARE



Research the rules of the game before playing it



Have a reasonable area for playing games

### PLAN



To game socially, organise a game night where you can all get together and play games for a set period of time

### SURVIVE



Ensure that everyone knows the rules before they play



Ensure that you settle disputes strictly by the rules, listen to each other, and above all, have a great time!



### Library Uses

Did you know that you can also use libraries for access to public computers, printers, and photocopiers?



## Mandurah Public Library

Library in the City of Mandurah, Western Australia

**Address:** 331 Pinjarra Rd MANDURAH WA 6210

**Phone:** (08) 9550 3650

## Falcon E Library and Community Centre

Library in Falcon, Western Australia

**Address:** Flavia St FALCON WA 6210

**Phone:** (08) 9550 3230

## Greenfields Family and Community Centre

Community centre in Greenfields, Western Australia

**Address:** 2 Waldron Blvd GREENFIELDS WA 6210

**Phone:** (08) 9535 7165

## Rockingham and Districts Toy Library

Baldivis

**Address:** 13 Fifty Road, Baldivis

**Hours:** Thu 9am-11am and Sat 10am-12pm

Port Kennedy

**Address:** Clipper Drive, Port Kennedy Community Centre, Port Kennedy

**Hours:** Thu 9am-11am and Sat 10am-12pm

**Phone:** (08) 9524 9404

# Legal Aid

## Legal Aid WA Dispute Resolution Program

This program is like a mediation at a family relationship centre. The only difference is you will have the legal assistance prior and during the process. The mediator will try to help reach an agreement. If an agreement is reached it will usually be formalised in consent orders.

For more information or to see if you are eligible for the program call the Legal Aid WA Info Line: ph: 1300 650 579

### Private Family Law Practitioner

A family lawyer can provide legal advice and assist you to negotiate with the other person. Some lawyers are also registered family dispute resolution practitioners and can carry out family dispute resolution.

For information or a referral to a private lawyer call the Law Society of WA.

## Community Legal Centres and The Law Society of WA

If you cannot afford to pay a lawyer you may be able to get Legal advice for free or at a low cost from your Legal Aid WA or your nearest community legal centre.

If you are unsure of how to seek legal advice or a lawyer, The Law Society of Western Australia can recommend you to one.

### TIP



## Legal Aid

There are many legal aids available to single parents who are fighting custody for their children. It is almost like a hierarchy of control in terms of which is the best option for you and your former partner to resolve your family issue. A vast majority of people who start a case in family court end up resolving the matter before going to trial.

Some of these options include

- Negotiation
- Mediation
- Collaborative law
- Arbitration

## Family Court

The Family Court requires you to make a genuine attempt to reach an agreement before asking the court to make orders. If you have decided to make or defend an application in court, first you must consider some major factors involved with a court case, such as:

- High costs
- Further damage to your relationship
- Harmful to the child's psyche
- May take more than a year to make a final decision

### CHECK THIS OUT!



Legal Aid Website  
[www.legalaid.wa.gov.au](http://www.legalaid.wa.gov.au)  
 Family Court  
[www.familycourt.wa.gov.au](http://www.familycourt.wa.gov.au)  
 Community Legal Centre  
[www.communitylaw.net](http://www.communitylaw.net)

## Survival Kit

Where to find legal help

### PREPARE



Find a personal lawyer that suits you



Collect all relevant documentation

### PLAN



Keep all your documents on hand for your lawyer



Talk with your lawyer about your situation

### SURVIVE



Keep your lawyer updated regularly about your situation



Keep up to date with legislative changes



### CHECK THIS OUT!



## Contact Numbers for Legal Help Services

The Law Society of Western Australia  
 (08) 9322 7877

Family Law Court of Western Australia  
 (08) 9224 8222

(WA only)  
 1800 199 228  
 (Country areas of WA)

WA State Legal Aid Office  
 1300 650 579



# First Aid

What happens when you find a person who is injured or sick?  
Would you know what to do in a medical emergency?

## DRS ABCD

This action plan assesses the injured or sick person and can help keep them alive in a life threatening situation.

**D**

### DANGER-

Ensure that you, the patient and others will be safe

**R**

### RESPONSE-

Check if the patient responds to commands or their name

- | Yes                            | NO                   |
|--------------------------------|----------------------|
| • Make the patient comfortable | <u>Send for help</u> |
| • Check for injuries           |                      |
| • Keep monitoring them         |                      |

**S**

### SEND-

Get help immediately by phoning for an ambulance

**A**

### AIRWAY-

Open the mouth to make sure the patient can breathe

**B**

### BREATHING-

Is the patient breathing normally? Check their chest is moving and feel for inhalation

- | Yes  | NO                           |
|--|------------------------------|
| • Place the patient in the recovery position | <u>Start CPR immediately</u> |
| • Check for injuries                         |                              |
| • Keep monitoring them                       |                              |

**C**

### CPR (Cardiopulmonary Resuscitation)-

Start chest compressions until help arrives or until patient recovers  
(30 compressions= 2 breaths)

**D**

### DEFIBRILLATION-

Apply a defibrillator to the patient. Follow the prompts of the machine

## Emergency Contacts

Police/Ambulance/Fire—000

Non emergency Police—13 14 44

Poison Information Centre—13 11 26

Lifeline—13 11 14

Health Direct—1800 022 222

Peel Health Campus—9531 8000

Rockingham Hospital—9599 4000

Our Doctor—

## First Aid Courses

In the event that you need to administer first aid it is beneficial that you follow the recommended medical procedure. Courses can be completed in hours and could save someone's life.

**Red Cross**—1300 367 428

**St John Ambulance**—1300 360 455

**Mandurah Safety and Training**—9599 4000



## Keep Safe

Prevention is always better than a cure. Make sure that your environment is safe and secure.

- Keep cleaning products, chemicals and medicines out of children's reach.
- Ensure your electrical trip switches and up to date.
- Mount heavy furniture and appliances to the walls (if possible) Ikea have free wall bracket kits.
- Install smoke alarms or make sure they are in working order.



Invest in a first aid kit from St John. They have a range of different kits filled with everything you need and you can get refills for your from them too. The one pictured is \$35

## FIRST AID KIT CHECKLIST

Crepe Bandages (Varying Lengths)	<input type="checkbox"/>
Band-Aids (Varying Sizes)	<input type="checkbox"/>
Hypoallergenic Tape	<input type="checkbox"/>
Triangular Bandages	<input type="checkbox"/>
Gauze Swabs	<input type="checkbox"/>
Dressing Pads	<input type="checkbox"/>
Alcohol Swabs	<input type="checkbox"/>
Scissors	<input type="checkbox"/>
Disposable Gloves	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>
Thermal Blanket	<input type="checkbox"/>
Safety Pins	<input type="checkbox"/>
Notepad & Pen	<input type="checkbox"/>
Saline Solution	<input type="checkbox"/>
Disposable Resuscitation Mask	<input type="checkbox"/>
Antiseptic Cream	<input type="checkbox"/>
First Aid Booklet	<input type="checkbox"/>
Instant hot pack	<input type="checkbox"/>
Instant cold pack	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>

# Coastal District Care Centre Inc.

## Emergency Relief

Coastal District Care Centre supplies food parcels to the homeless and those facing extreme financial hardship. CDCC operated under the name Emergency Relief until the beginning of 2015, when the federal government ruled that it would no longer financially support charities to help the homeless.

Understanding the critical need for ER to continue, the volunteers, headed by Jill Harris sought to maintain the service. CDCC (formerly ER) is now run almost entirely from donations and through the dedication of its volunteers and their passion to continue to support the residents of Rockingham.

All donations are welcome - packaged or tinned food items, blankets, hats, and gloves for winter, or financial aid.

Please message us if you are able to help or need help.



***“Nobody leaves empty handed”***

***-Jill Harris***

**Hours: Monday & Friday 9:00—11:00**  
(no appointment necessary)

**14 Council Avenue, Rockingham**  
**Ph: (08) 9592 2699**

**Food Hampers—Telstra Vouchers—Clothing—  
Bedding—Cooking Utensils**



BRIDGING *the* GAP

Career  
Centre

Everything you need to make the  
right career choices, free

## CAREER CENTRE

**Career Centre** provide free and independent training information and career guidance. They can assist you with information on education and training courses, career pathway options and the career planning process.

Career Centres can assist you with:

- Discovering your career interests and focusing your career choices.
- Access to online career planning tools and resources.
- Education and training options.
- Career pathway information.
- Making choices and action planning.
- Your job search skills. and
- Employability workshops and on-site school based activities.

### How we can help:

Our services are offered face to face, online or over the phone. Whether you are just starting your career, re-entering the workforce, looking for a career change or still at school our trained and experienced staff can assist you.

**Call 6397 5508 to book**

#### **Career Centre in the Peel Region:**

Mandurah 56 Mandurah Terrace

Outreach Services to:

Waroona

Pinjarra

Byford

Boddington

Email:

[workforcecentre@bridgingthegap.org.au](mailto:workforcecentre@bridgingthegap.org.au)

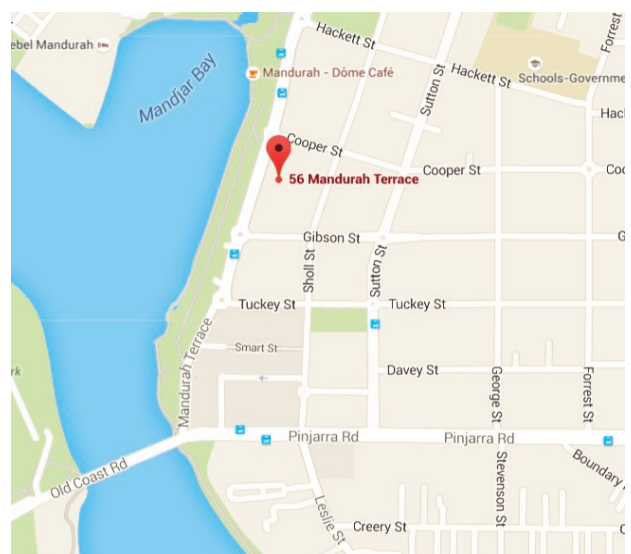
Website:

[www.bridgingthegap.org.au](http://www.bridgingthegap.org.au)



Find us on Facebook

[@workforcecentrepeel](https://www.facebook.com/workforcecentrepeel)



This Career Centre is made possible by the Department of

Training and Workforce Development and Royalties for Regions funding.



*View of the new Traffic bridge from Eastern Foreshore, Mandurah,  
Western Australia*

IMAGE COURTESY OF STEVEN GAUNT 2017



**BRIDGING** *the* **GAP**



**Employment  
Plus**

**‘Survival Guide for Sole Parents’ was a Work for the Dole Project proudly hosted via Bridging the Gap Inc. in conjunction with Salvation Army Employment Plus and was financed by the Department of Employment.**