PARENTS AND FATIGUE (LIFE IS NOT ALL ABOUT THE KIDS!)
Been wondering why parenting drains your energy?
Well it seems you’re not alone. Researchers at the Parenting Research Centre in Melbourne, undertook an Australian community survey into parental fatigue and parenting practices during early childhood. A sample of 1276 Australian parents, of at least one child aged 0-5 years, completed the survey.

Key messages:
Fatigue is one of the most common health problems reported by parents of infants and young children.
The study found that higher parental fatigue, was associated with things like low parenting self-confidence as well as inadequate social support, poorer diet, poorer sleep quality and ineffective coping styles including self-blame and behaviour disengagement.
Supporting parents to manage fatigue has the potential to increase parenting skills and confidence.
Fatigue makes it that much harder to be a good parent.
Don’t ignore fatigue. Take steps to manage tiredness and stress.
Things you can do for yourself:
Remind yourself you don’t have to be a perfect parent.
- Exercise, eat healthy and get plenty of rest (sometimes easier said than done!)
- Enlist a support team to take the pressure off you
- Create calm within the family – find quiet retreats in the day, share responsibilities
- It’s okay to say “NO” when too much is asked of you

NEW SCHOOL PSYCHOLOGIST
Brooke Fielke has been appointed by OnPsych as our psychologist for 2015. If you have any concerns about your child, please contact Margaret Masseni (Wellbeing Leader) who will be able to run you through the referral process.

HELP YOUR CHILD ACHIEVE – Work together!
On the flip side of this page is an article by parenting expert Michael Grose who reminds us that positive parent involvement can be the secret ingredient to children’s school success. One practical way to assist your child as a learner is TALK UP WHAT HAPPENS AT SCHOOL – if your child hears positive messages from you about the school and their learning, they will value it all the more.

DID YOU KNOW?
OUR SCHOOL WEBSITE lists many RESOURCES FOR PARENTS in our WELLBEING section.
You’ll find links to great websites and articles with wonderful advice about all sorts of issues we as parents face – featuring Parenting Expert Michael Grose, Raising Children Network, Jodi Benveniste Intuitive Parenting and more.

MORE GREAT LUNCHBOX IDEAS....

GREAT LUNCHBOX IDEAS
CORN & HAM MINI QUICHES
8 slices wholemeal bread, crusts removed
20g butter, softened
125g corn kernals, drained
1/3 cup (35g) coarsely grated cheese
50 ham slices, finely chopped
2 green onions, trimmed, thinly sliced
6 eggs, lightly whisked
Preheat oven to 160°C. Use a rolling pin to gently roll out bread slices to 5mm thick. Brush each bread slice with the butter. Line eight 1/3-cup capacity muffin pans, buttered-side down, with the bread slices.
Arrange the corn, cheese, ham and green onions evenly among the muffin pans. Pour the egg evenly among each pan. Bake in preheated oven for 15 minutes or until just set and lightly golden. Remove from oven and set aside to cool slightly. Place in an airtight container in the fridge.