



How to have more fun...

Did you know that in 2012 there were 961 000 single parent families in Australia and that's not counting families coping with fly-in-fly-out partners.* With the daily demands of running a household, earning an income and caring for children, it's hard to find time for fun. One of the greatest stressors mums told us they were experiencing in 2014, was *"No me time"*. But should family life be all work and no play?

Hopefully not ...

Take a moment to think back on your own childhood. What are the times you recall most clearly? Are they; getting the chores done, getting to school on time, doing homework etc.? Or, is it the times when you were having fun? Perhaps a holiday or some quality time with friends and family, when tears of laughter were rolling down your face and making your belly hurt. These pinpoints of fun and connection are the highlights of our lives, which make life seem worthwhile. Often we either forget to prioritise fun or feel guilty for having it when there seems so much else to do. However, we owe it to our children and ourselves to have fun regularly.

Throw away the guilt and start planning...

When was the last time you had fun? What do you love doing? If you were a kid again, what would you plan as a play date? Ask your loved ones for ideas of fun too. It doesn't matter what your budget is - fun can be free. Picnics, cubby house safaris, craft, playing in puddles, hopping on a trampoline, swinging in the park, dressing up – fun for the whole family. It's essential to have some adult fun too, so if you're single parenting, start a support network for babysitting amongst other parents with children the same age as yours. Don't be frightened to be the first to suggest it. You'll be amazed at the relief you see in other parent's faces at your idea. Treat yourself to some adult fun time by giving yourself permission to prioritise it, even if it means letting some daily chores slip to weekly. Fun matters!

* Australian Bureau of Statistics, 2013. <http://www.abs.gov.au/ausstats/abs@.nsf/Products/6224.0.55.001~Jun%202012~Chapter~one%20Parent%20Families>

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au

- ✓ In 2012 there were 916 000 single parent families in Australia.
- ✓ It's not the daily grind you'll look back on fondly.
- ✓ Play like a child, at least once every week.

"Either you run the day or the day runs you."

Jim Rohn

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



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Bare Hands
Practical life strategies for women