

MUM central

THE REAL MUM'S SURVIVAL GUIDE

An essential guide to navigating isolation during COVID-19



HELLO

Parenting in this new world

2020: the year of COVID, the year of home-based learning, the year to #stayathome. It's been a bit full on, right?

Yes it's been a whole new world of experiences from the confines of our home and it's been challenging to say the least. But through the madness of the kids' constant requests for snacks and questions about 'how do I spell this word, we've discovered an (almost) calm in our own little worlds.

We've discovered the joy of the little things.

Such as the excitement of camping in the backyard and planting a veggie garden.

We've realised how creative (and hilarious) our kids can be.

All it took was a week of daily Lego contests, a few empty cardboard boxes and hours of 'free play' to prove this.

Mostly, we've realised that the things that matter the most – our kids, our partners, our pets – have been there all along.

We just needed an reason to stop, to slow down, to take a break from the day-to-day grind - to really see them.

This is why we at Mum Central designed our COVID-19 Survival Guide Magazine – to help us slow down, navigate these unchartered waters, have some fun at home and thrive, not just survive, during this challenging time.

Mum Central is Australia's premier lifestyle hub for women with a love for parenting and lifestyle, beauty and fashion, food, travel and giveaways. We've been creating content for our readers for 10 years now and are so excited to share these resources through our first digital magazine.

Download it, bookmark it, print it out if you'd like.

It's completely free and will hopefully provide you with some helpful guidance in the upcoming days, weeks and months.

This isn't a forever thing but it is a for now thing. So, let's make the most out of this new world we're living in and have some fun during this unprecedented time.

From our Mum Central family to yours, stay safe, stay sane and stay home.

Belinda Jennings

Founder & Managing Editor

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PERSPECTIVE

Just think for a minute...

If they cancel the rest of the school year, students would miss approx 6 months of education. Many people are concerned about students falling behind because of this.

Yes, they may fall behind when it comes to classroom education...BUT WHAT IF ....

- What if instead of falling “behind", this group of kids are ADVANCED because of this? Hear me out.
- What if they have more empathy, they enjoy family connection, they can be more creative and entertain themselves, they love to read, they love to express themselves in writing.
- What if they enjoy the simple things, like their own backyard and sitting near a window in the quiet.
- What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?
- What if this generation are the ones to learn to cook, organise their space, do their laundry, and keep a well run home?
- What if they learn to stretch a dollar and to live with less?
- What if they learn to plan shopping trips and meals at home.
- What if they learn the value of eating together as a family and finding the good to share in the small delights of the everyday?
- What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers like truck drivers, grocers, cashiers, custodians, logistics, and health care workers and their supporting staff, just to name a few of the millions taking care of us right now while we are sheltered in place?
- What if among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?
- What if they are AHEAD?





01

STAYING HEALTHY



BROUGHT TO YOU BY COPE.

MENTAL HEALTH

Managing Anxiety over Coronavirus

We are facing a whole new world of challenges ahead of us and many parents are currently trying to come to terms with how they can entertain and home school their kids and ensure their mental health is stable.

But what about your own mental health mum? What you are doing to manage your own anxiety and support your psychological wellbeing is incredibly important during this time?

Limit your exposure to media coverage:

Aim to stay informed, but not overwhelmed. Try to limit this to a daily brief check-in, and have days where you don't watch or read any news at all.

Stay active:

Nature is a great grounding tool and getting some fresh air can be energising. If you're staying inside, take a look at the vast array of yoga, Pilates, or other exercise videos available online.

Take the time each day to do something that relaxes you:

This may be stretching, mindfulness practice, cooking or reading a good book. Turning off your phone can help you focus on the present moment.

Take the time each day to do something with your family that is enjoyable:

This may be painting and crafting together, or watching a funny movie.

Be aware of your level of anxiety and worries:

If you feel it is becoming overwhelming, talk to a friend or family member about how you're feeling, seek help from a healthcare professional or call a helpline.

Check in with your breathing:

Breathing is so simple, so effective, and so under-rated! A calm, slow breath regulates the brain and the body, while anxiety does the opposite. Be conscious of your breath and play around with some different techniques to find one that works for you.

Stay connected with friends and family:

Especially if you are spending more time indoors, or are required to self-isolate, make sure you stay connected with friends through calls, texts and the internet.

Create an indoors list:

Write down all the things you wished you had time for but always found life too busy – like the photo album you've been meaning to create, or spring cleaning the pantry. On the other hand, if the last thing you feel like doing is being productive – that's OK too.

Remember this too shall pass:

Although this is a stressful and worrying time, things will eventually settle down and life will return to normal.

For more information, support and resources, visit the COPE website https://www.cope.org.au/



HEALTH

Easy Immunity Boosting Tips for Your Family

We're all a little worried about our immunity during this uncertain time. Even if the kids are not leaving the home, it's important to give your family the best defence against any viruses, including COVID-19.

Below are a few things to add to your essentials list when doing the shopping:

1. Prebiotics & Probiotics

You can get probiotics and prebiotics in capsules or powder to add to your drink. These are really important for gut health which is linked to so much of our body's overall behaviour.

2. Fruit and Veg

The best immunity boosting produce in blueberries, broccoli, sweet potato, spinach, red capsicum, oranges & kiwi.

3 Spices

Turmeric is an ideal option and easy to add to dishes and even drinks, such as a yummy Turmeric Spice Latte.

Garlic and ginger are two more ingredients to add to your shopping trolley – both immunity-boosting superfoods.

4. Hand wash and wash and wash

Before eating, after eating, after playing outside, after going to the toilet. Your kids should be washing their hands several times every day. And not just a quick rinse off but a proper hand wash to the wrists for 20 seconds like a surgeon preparing for surgery.

5. Get outside

Make sure you're also spending a decent amount of time outside exercising as regular exercise is also important for a healthy immune system. A daily walk, a bike ride, a bounce on the trampoline, even a family game of soccer at the park with social distancing measures in place, of course, will do you all a world of good.

6. Vitamins

Vitamins to help you to say safe, keep your immune system strong and stay well during coronavirus and the upcoming Winter flu season.You can find a great selection of vitamins for your entire family at Pharmacy4Less and at really good discounts too. Shop in store or avoid the crowds and shop online.

PHARMACY 4 LESS
DISCOUNT CHEMIST
BUY NOW!



MINDFULNESS

Three Tips for Coping with COVID-19

Brought to you by: SMILING MIND

Dr Addie Wootten, Smiling Mind CEO and clinical psychologist shares her tips for parents.

Each and every one of us are facing unique challenges as we navigate life through COVID-19. Whilst we all have our own hurdles to get over, below are three tips to help you cope during these times.

1. Remember You're Not Alone

It's important to remind ourselves that although we're in isolation, everyone is in the same boat. Now more than ever, it's important to check in with our friends and family - being proactive about this is key.

Talking through shared struggles and laughing through the ups and downs of COVID-19 with the people we trust helps reminds us we're in this together.

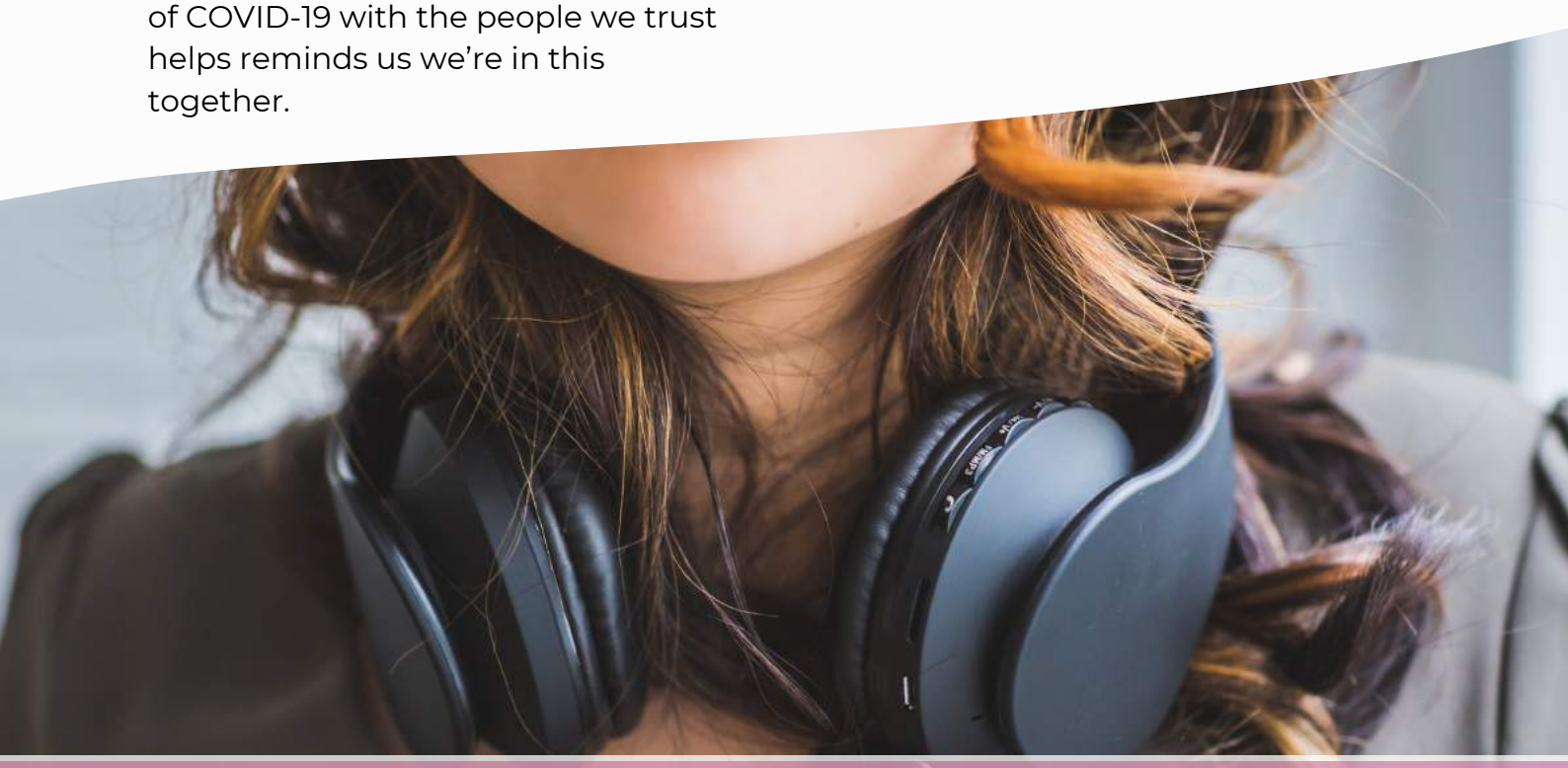
2. Introduce Healthy Habits

What worked for you before may not work for you now, and that's ok. Life as we know it has changed, so it's a great time to introduce new habits to our routine. A meditation practice is a great habit to introduce to bring calm into the home, and help ease worry and anxiety. The new Family Program in the Smiling Mind app, created in collaboration with Medibank, is a great place to start as there are a number of meditations the family can do together at different times of the day.

3. Go Easy on Yourself

We're all juggling a lot - between work, home schooling, relationships, washing, cooking - the list goes on! So it's important to be kind to ourselves. We can be our own worst enemy and put unnecessary pressure on ourselves to do it all. Take the time each day to pause and remember you're doing the best you can in this moment and that is enough.

To access all free content within the Smiling Mind Family Program, created in collaboration with Medibank, download the Smiling Mind app today (available on iOS and Android) and navigate to Family Program under All Programs.



RELAXATION

8 Easy Ways to Unwind at the End of the Day

Another day done and dusted. But is your brain still in overdrive? Are you having trouble switching off? Try these eight techniques:

1. Take ten minutes to yourself to meditate and just relax with your eyes shut
2. Write down three things you are grateful for
3. Indulge in a bath complete with bath-time treats
4. Do a few easy stretches, yoga poses
5. Document your day – focus on the positives and what you've accomplished
6. Do something quiet – read a book, do a colouring in or attempt a crossword
7. Indulge in a bit of self-care – pluck your eyebrows, put on a face mask or exfoliate
8. Enjoy your favourite scent in a candle or diffuser.

PRODUCT SPOTLIGHT

HideAWAY is an Australian brand that makes handmade body and bath-time treats. These yummy products are great for a bit of self-care and make the skin glow. Plus they smell absolutely divine!

Made with natural oils and butters, they come in a unique signature selection of body-safe fragrances and are sourced ethically, paraben-free, sulfate-free, silicon-free, and cruelty-free.

A portion of every sale also goes toward funding charity: water, a non-profit organisation on a mission to bring clean water to everyone in the world. So, pay it forward and treat yourself. FIND OUT MORE HERE





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Valid until 31 May. SHOP NOW

BUY NOW!



02

STAYING HOME



BUCKET LIST

8 Fun Stay-at-Home Activities to Do with the Kids

Puzzles and board games are great, but here are a few more ideas to make the most of this unexpected extra family time.

1. Get Crafty

Yes, craft is messy and time consuming, but, it's also a lot of fun! Head to the Mum Central Craft section for easy crafts that are great for kids of all ages.

Our Top Picks: Rainbow Bread Painting, Moon Sand and Bubble Painting. So much creative fun! **Read how to do it here.**

2. Daily LEGO Challenges

You can find plenty of daily LEGO challenges templates and ideas on Google to help get you started but basically, pick a topic, set a time limit (an hour, for example) and get building.

Challenge Ideas: A spaceship, a pirate ship, something starting with the letter S, a castle, and a robot, to name a few.



3. Game On!

We're not talking about the Playstation here (sorry kids!) but rather, consider playing one of these easy household games, great for toddlers and older kids too.

Choose one game to set up each day and you've got nearly a month's worth of fun.

Our Top Picks: Sponge Ball, Waterbomb Pinata and Pom Pom Scoop. Read all about it **here.**

4. Cooking Contests

If you've got older kids, consider setting up a nightly dinner cooking contest. Split into teams (for example, mum and son, dad and daughter) and get to work creating a delicious dish.

Try to outdo one another every night. If you've got a number of kids for more than two teams, you can even make your own judging panel, voting on the best dish of the week.

5. Treasure Hunts

My kids adore this activity! Setup a normal treasure hunt around the house, with a little surprise as . the end clue.

Make it extra challenging and rewarding by using riddles to help them hunt out the next clue.

6. Circuit Play

For children who thrive on structure, set up a circuit-style play area.

Set up **five different creative play zones with various activities** in each zone (similar to circuit training), such as **Playdoh, puzzles, colouring-in, chalk and blocks.**

You can join them in each circuit or you can use this time to get some chores done.

> Set a timer for 20 minutes and play in each circuit. Once the time goes off, it's time to move to the next activity.

7. Indoor Camping

Blanket forts have never been so important as they are now.

So grab all the spare sheets, blankets, pillows and doonas and create an epic comfy castle in your living room.

8. An After-Covid Bucket List

What is this? Basically, it's a list of things to do/places to visit when quarantine ends.

Suggestions include visit Grandma, go kayaking, build a sandcastle on the beach, have a picnic and go camping.

All you need is some post-it notes and a jar to place your ideas in.



NAIL TRICKS

Removing Acrylic Nails at Home

Yep. It can be done. And it's not as hard as you may think!

You need:

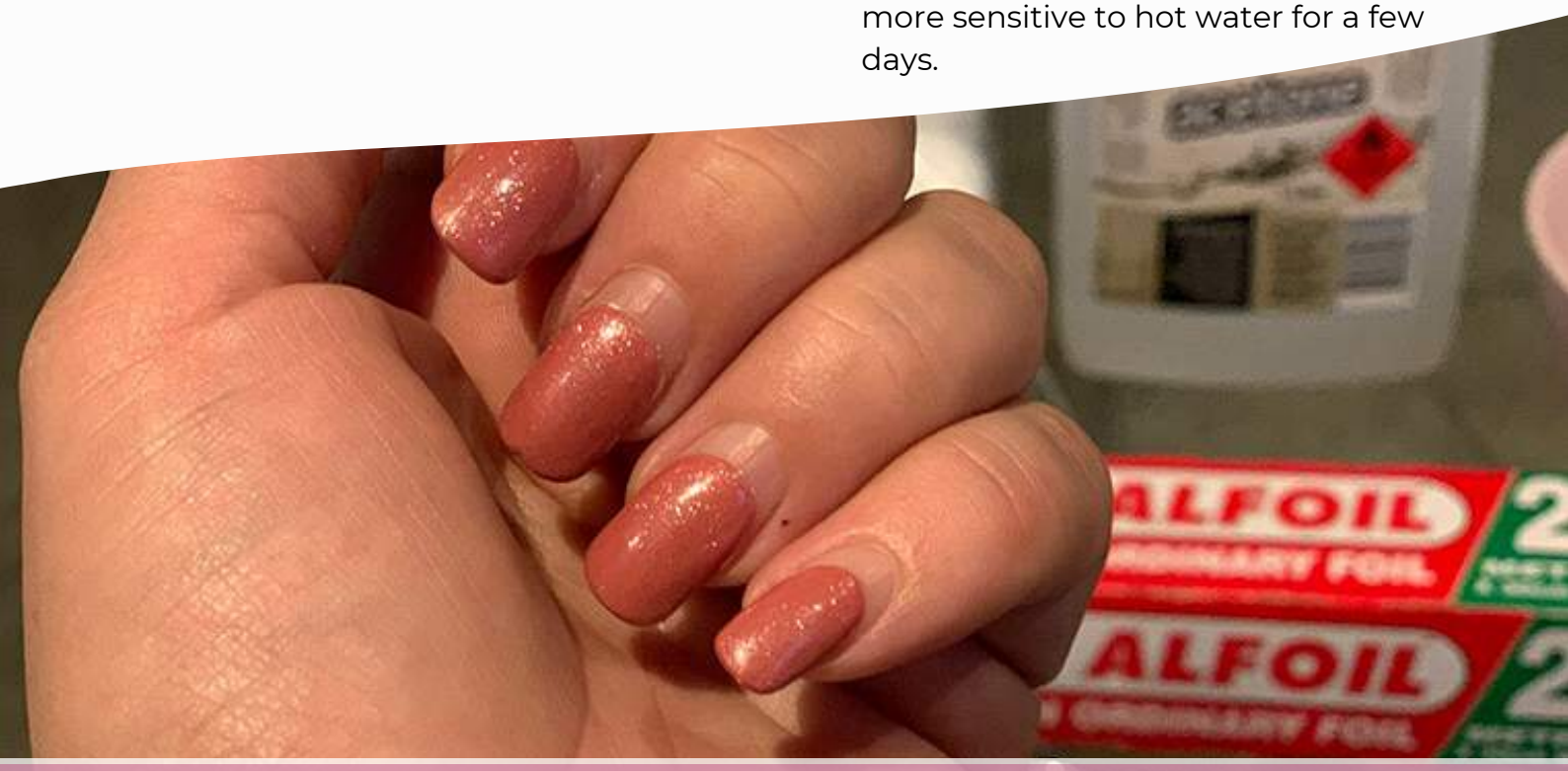
- Nail file
- Buffer
- Pure acetone
- Cotton wool balls
- Foil
- Small bowl
- Nail strengthener
- Cuticle oil

Instructions

1. File over the top of the acrylic nail to roughen the surface
2. Pour a small amount of acetone into a bowl
3. Cut 10 5x5cm squares of foil
4. Take a cotton ball (one ball should do 4 nails) and break it into four pieces. Soak in acetone and place over the nail.
5. Wrap the foil over the cotton ball and secure around the nail.
6. Repeat steps 4 & 5 for every nail and allow the acetone to work for around 20 minutes.
7. Check the last nail you wrapped. Take the foil off and slide the cotton ball to the end of the nail – this should take the acrylic nail (or most of it) with it.
8. Repeat with all the other nails.
9. If there are very small amounts remaining you can normally remove these with a nail file. Make sure you DO NOT file away your nail as this will damage the nail bed.

Post-Removal Tips

- Cut nails short using nail clippers and file around the edges.
- Buff your nails to smoothen and remove any ridges caused by the acrylic.
- Wash hands thoroughly to remove remaining acetone on your skin.
- Use a nail strengthening product and cuticle oil to help to moisturise the nails.
- Be really careful if doing the dishes or showering straight after nails have been removed as they will be much more sensitive to hot water for a few days.



HAIR HACKS

Iso Hair, Don't Care 10 Busy Mum Hair Hacks

There's a party on your head and ALL the greys are invited! Add in an awkward fringe in need of a trim, seriously spacey split ends and a few frizzy friends and your hair is officially iso-ready.

Although you're probably not expecting a crowd of visitors to pop up to your door anytime soon, it's still nice to tame your mane for your weekly work Zoom chats and daily walks around the block.

Here are a few ways to keep control of your locks even in lockdown.

- Toothbrush or mascara comb – Both work wonders for sweeping offending strands into place.
- If you have dark hair you can also disguise the greys with mascara. That's a double win right there.
- One-minute treatments – These are great to quickly repair dry and damaged hair and you can find them in the supermarket too. Add them to your 'essentials' list ASAP.
- Hair touch-up spray – Nothing works better to cover greys than a hair-touch up spray which allows you to spray your roots with colour.

- Tone at home - For the blondies out there, you're probably familiar with the unwanted orangey colour that comes between cuts and dyes. The easiest way to fix this is with an at home toner.

Which finishing product to use? Here's a quick guide:

- For tight all-day hairstyle holds, use hairspray.
- To combat frizzies and add moisture to the hair, try a hair control mist.
- For extra texture between showers, go for dry shampoo.
- For a quick fix for split ends and damaged hair, plus a polished glossy look, opt for a hair serum.
- To jazz up your straightened hair, go for a straightening serum.
- To add volume, go for a plumping powder or a mousse (for curls).
- For flyaway prevention, consider a moisturising oil - also great extra softness and shine.

Nothing beats an afternoon at the hair salon. A few hours of kid-free time where someone plays with your hair, massages your head and serves you hot coffee. Bliss.

One day we'll get there again. But, for now, our hair is in our own care.



CLEAN HACKS

Five Fun (yes, FUN) Cleaning Hacks to Try

Cleaning and fun? You'd better believe it!

These clever hacks are not only going to WOW you, but are also easy to do and require very little actual grunt work. And the results? Oh so satisfying! If you are planning on giving the house a bit of a spruce-up while isolating, then add these to your to-do list STAT!

1. Window Squeegee to Clean Your Carpet

Prepare for a massive pile of dust and dog hair with this simple hack. Glide a window squeegee down your carpet and the rubber edge will gather up dust and pet hair accumulated deep into the fabric. Amazing – and a little bit disgusting. READ THE FULL STORY

2. Shaving Cream to Clean Your Toilets

Remove those weird yellowy stains AND the smell of wee with shaving cream. Smear a good layer of foam all around the toilet and leave for 10-30 minutes. Wipe away the mixture with a mop and hot water and voila! No more smells or stains. And no scrubbing needed. READ THE FULL STORY

3. Dishwashing Tablets to Clean Your Washing Machine

Don't you hate having to clean cleaning appliances? Yet, here we are, looking for ways to clean the washing machine. A simple way to do it – dishwashing tablets! Just throw one in the drum once a fortnight, run on a hot cycle and, presto, you've got a lean, mean, clean washing machine. READ THE FULL STORY

4. Pillow Cases to Your Clean Ceiling Fans

Dust those ceiling fans without covering the floor and bed with dust. All you need? An old pillow case. Place the pillowcase over the blade and use it to simultaneously slide off the dirt whilst catching it as it falls. If you need to really give it a scrub, a spray of your favourite household cleaner can be applied before you slide. Fan-tastic! READ THE FULL STORY

5. Bar Keeper's Friend for Removing Stains and Shining Your Sink!

Bar Keeper's Friend is a little-known $8 cleaning product that will become your new BFF. Pretty much anything that needs a good shine – your sink, your stove top, your oven – and BKF is on it. READ THE FULL STORY



CHECKLIST

Cleaning Around the Home

When your home is your haven during this outbreak of Coronavirus (COVID-19), it's important to minimise the virus spread as much as we can. And yes, that means we must all become cleaning powerhouse ninjas.

DAILY disinfecting routines:

In the kitchen:

- Clean and disinfect kitchen bench tops, sink taps, kitchen cabinet handles, appliance handles (eg. microwave, fridge, freezer, kettle, blender, toaster etc)
- Use dishcloths you can wash on the hot cycle.
- Clean any spills quickly so they don't attract more dirt and bacteria.
- Empty bins daily. Clean and disinfect before putting a fresh bin liner in!

In the bathroom:·

- Clean and disinfect the bathroom basin hardware.
- Empty bathroom bins and disinfect them daily. Use a bin liner so you're not touching used tissues.
- Wipe over the toilet and flush buttons with disinfectant or sanitising wipes.
- Do not use bath towels or face washers more than once to prevent the growth of germs and bacteria.

WEEKLY disinfecting routines

In the kitchen:

- Wash kitchen sink strainers/catchers on the top shelf in the dishwasher.
- Remove and hand wash oven and stove top knobs.
- Clean and disinfect the kitchen sink.
- Disinfect the kitchen dish brush if using one.

In the bathroom:

- Wash your toothbrush holder and toothbrushes and disinfect them. You can soak them in mouthwash for 5 minutes to do this!
- Clean and disinfect your bathtub, shower, including the shower doors and handles. Shower curtains need to be thrown into the washing machine too!

Other rooms within your home:

- Sheets, pillowcases and quilt covers (in fact all bedding) needs to be washed in hot water. Limit shaking out your blankets and sheets before washing as to not spread dust and germs
- Vacuum and mop all floors.

And now the nitty gritty stuff you mustn't forget. You need to think of all of the things you touch on a daily basis. Run a disinfectant wipe over:

- computer keyboards and mice
- light switches
- power points
- mobile phones
- tablets
- gaming devices and
- remote controls.
- car steering wheel
- seat belts and console

Be safe, remain vigilant and we'll all get through to the other (extra squeaky clean) side!

HYGIENE

Oh, the Places You'll Clean!

If you're on the hunt for a multi-use cleaning product that's handy for ALL your kids' stuff, then get excited because we've found it!

No, it's not baby wipes – which are awesome too, by the way. It's the Pigeon Liquid Cleanser.

You've probably heard of the Pigeon brand before – they are a leading name in all things baby so it makes sense that their Liquid Cleanser is especially perfect for parents with little ones at home – and little germs trying to wreak havoc on all their stuff.

The Pigeon Liquid Cleanser kills 99.9% of bacteria, is made of **100% food grade ingredients** and has **no harsh chemicals.** It's safe to use on all sorts of surfaces and items around the house and it won't leave a yucky residue or funny smell.

Use it for:

- Cleaning baby bottles, teats and sippy cups: It's especially good at removing tough milk stains, even the ones left after your toddler hides his half-full bottle behind the couch for two days.
- Disinfecting toys, dummies and accessories: Remove the drool in one easy wipe. Use also on **high chairs, change tables and play mats** so the surface is clean and ready for the next meal, poo-explosion or play session.
- Washing fresh fruit and vegetables: Yup, you can even use it to clean off your produce. With a low-sud formula, it's easy to rinse and naturally biodegradable.

Having an **antibacterial cleaner** at the ready is one of the easiest ways to keep our families healthy and keep surfaces clean.

FIND OUT MORE HERE.



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Use liquidcleanser20 at checkout to SAVE 20%* SHOP NOW

* offer excludes 6 x 450mL pack listed online at $59.99

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FINANCES

Tips to financially thrive in times of COVID-19

First rule of crisis management, do not panic. Do not make any decisions when you are in panic mode, it's essential that you approach your situation with an open mind and be as realistic as possible. Think, what would you advice a friend if they were in the same situation?

This is the best time to review your spending habits. COVID-19 has given us an opportunity to reassess our choices and how we decide to spend our money. Most of us rarely take time to review our statements every month or our expenses every week. This is the best opportunity to have an honest conversation with yourself about your spending habits and how are they getting closer to your goals.

Whip out the last 3 bank statements and highlight the charges you think could have been avoided or just didn't bring you that much joy. You will find some patterns and will start discovering things about yourself that you thought you knew but were wrong about, like how much money do you really spend on groceries? Or snacks? Or meaningless takeaways, etc...

One of the most important pillars of being great with your money is having goals. It doesn't matter if they are short term or long term. The important thing is that you have something to look forward to. Having goals makes it so much easier to say No to expenses or things that are not aligned with what you want. For example, if my short term goal is to go on holidays next year and I have l takeaway lunch every day, how much of this money is really "eating" into my holiday budget? Or by how much are my spending habits delaying my goal? The importance of goal setting is to keep us focused on what we really want.

Look for opportunities to save big money. Once you review your bank account and have a look at what's actually going on you might find that you are paying for stuff you don't even use anymore like a gym membership or any other subscriptions.

Another big money-saving opportunity is renegotiating your home loan or rent, these are potentially the biggest expenses in your household so it's worth spending a bit of time seeing what is possible here. With the current climate, there are
so many banks and lenders lowering their rates and other services providers are open to negotiating the price of their services, so don't be shy and negotiate with them.



Find other ways to make money. Is your garage full of old things you don't use anymore? You could be selling those! Selling your old stuff on Gumtree or Facebook marketplace is a relatively easy way to get some cash in, don't be ashamed to put on a garage sale! It'd also be a good bonding activity if you can get the whole family involved!

Do you have any skills that you could be making some money from? For example, do you cook really well? Why not offer to your neighbours daily meals prepped by you? You could start a little, local business that can bring in some cash flow. Don't worry about putting up a website, start by maybe writing some notes yourself and sharing them with your neighbours and friends? Or posting on your Facebook.

Another way to make extra money is by looking for an "online job" like becoming a virtual Personal Assistant, or any other job that you can do from home and for a limited time.

Best Financial Friend believe that you can take control of your money and wellness with real connection, accountability and a little help and knowledge. FIND OUT MORE HERE



CUT YOUR GROCERY BILL

The Simple Grocery Swaps to Save over $2,000 a Year!

Did you know you can save up to $2,000 a year by swapping from generic brands? Crazy, right? But it's true.

Behold a few savvy swaps that will save you at the checkout and don't compromise quality or taste.

We are Woolworths shoppers at Mum Central so stuck to the Woolworths Essentials brand (red woolies icon are your everyday staples at a really affordable price) and the Woolworths Brand (green strip with green woolies icon features over 2,000 everyday products at a great price), plus the Odd Bunch fruit and veg.

Of course, we all have our fave brands that we never stray from. Nestle, for example, is always gonna be my brand choice for chocolate, even if it's dearer than other chocolate bars. And mums know that at the end of the day, chocolate matters!

But for everyday essentials, you may be surprised how much making the swap can save you in the long run.

Although your grocery list is probably going to vary from ours, here are 26 standard items where I swapped big brand names for Woolworths or Woolworths Essentials brands.

Lunch box and survival snacks·

- Wraps – $2.00 compared to $5.00
- Sandwich Bread – $2.00 compared to $3.20
- 10 pack popcorn – $2.75 compared to $4.50 (Woolies brand has 30% less salt too!)
- Muesli bars – $2.30 compared to $4.00
- Fruit bars – $3.70 compared to $10.00

Pantry staples

- Penne Pasta and Spaghetti – $1.00 compared to $1.95
- Tomato Paste – $1.25 compared to $3.70
- Lasagne sheets – $1.80 compared to $3.70
- Flour – $0.75 compared to $2.80
- Sugar – $1.00 compared to $1.75
- Long life milk – $1.00 compared to $1.30
- Olive oil – $7 compared to $12
- Chick Peas -$0.80 compared to $1.50
- Diced Tomatoes – $0.80 compared to $1.50
- Lentils – $0.80 compared to $1.50
- Long Grain Rice – $1.40 compared to $2.00
- Chicken stock – $1.90 compared to $3
- Cereal – $2.50 compared to $5.20
- Tomato sauce – $1.50 compared to $2.95
- Soda water – $0.75 compared to $2.10
- Family Assorted biscuits – $2.32 compared to $4.50
- Microwave popcorn – $0.95 compared to $1.75
- Chicken Chips – $1.80 compared to $3.29
- Toilet Paper – $3.50 compared to $7.00
- Grated Cheese – $4.50 compared to $8.20

Fruit and Veg

Although technically not part of the Woolworths Essentials range, consider swapping to the **Odd Bunch** when picking out your produce.

- Carrots: $1.40 compared to $2.00
- Apples: $1.90 compared to $4.90

Even more swaps on the cold front, Woolworths have heaps of products in their range including frozen veggies, chips, chicken nuggets, butter, garlic bread and lemon juice.

Plus they have heaps of products in their home range too, including cleaning products, toilet paper (awesome double rolls!), mouthwash, tissues and paper towel.

But how much can you really save? Are you ready for this?

By swapping these 26 brand name items to Woolworths Essentials, Woolworths Brand and Odd Bunch product, we saved an average of **$43 per WEEK**, which turned into an average of **$173 per MONTH** - ADDING UP TO OVER $2,000 in a YEAR!

This is the honest-to-goodness truth. And all it took was a few simple swaps! Give it a go in your next weekly shop and see if you notice the difference in your weekly shopping bill.



03

FOOD, GLORIOUS FOOD

COOKING WITH KIDS



1. Choc Mint Yoghurt Ice Blocks

Delicious chocolate dipped mint YOGHURT pops for a sneaky treat. The healthier ice cream for the kids who are all about the “I scream, you scream, we all want ice cream” life!

GET THE FULL RECIPE HERE



2. Bear Paw Bickies

We’re going on a bear hunt!
Super cute, the kids will love turning a plain biscuit into an adorable bear paw print with chocolate buttons and chocolate chips. YUM!

GET THE FULL RECIPE HERE



3. Kid-Friendly Meatball Subs

Because little hands make excellent rolling devices, these meatball subs with tomato sauce will forever be a favourite. Just like the real deal at a fraction of the price. Nice!

GET THE FULL RECIPE HERE



4. Choc Sheet Cake

When the neighbourhood kids come around or you only want to bake once in a while, a sheet cake is the answer. Kids can help mix and decorate to their heart’s delight. East some now and freeze the rest for later, easy!
GET THE FULL RECIPE HERE



The Fries Board Has Arrived!

Is there any better way to kick off a new decade than celebrating the HUMBLE CHIP?

The fries board is the latest culinary trend taking over social media and you only need to visit TWO supermarkets to create a whopper.

This is the ultimate grazing platter for weekend drinks, hungry teenagers, school holidays and parties. Yes – hot fries (aka chips) for EVERYONE!

This entertaining trend is cheap too. You can produce TWO of these boards for about $25 (even less if you have enough sauces in your pantry).

In other words, one for the kids and one for the adults. SWEET.

GET THE FULL RECIPE AND INSTRUCTIONS HERE.

COOKING FOR KIDS

Click on each image for the recipe



Raspberry Pear Porridge



Corn & Zucchini Puree



Apple & Carrot Puree



Sausage Rolls



Sweet Potato Chips



Bacon & Cheese Macaroni



Pork Rissoles



Animal Toast



Carrot Choc Cake

For these and more amazing recipes, visit KidzMenu



Lattice Lemon Cheesecake Dessert The 80s No BakeClassic

This is one helluva no-bake dessert. Steeped in nostalgia, you can't help but smile when biting into this crispy yet soft textural delight.

Ready for your own blast from the past in the kitchen? Let's go! It's easy to make and will deliver all the feels of Sunday night dessert in 1982. Even better Lattice Lemon Cheesecake is a no bake recipe, you can't beat that!

MAKES 9 GENEROUS SQUARES

Ingredients

- 1 packet of Arnott's Lattice biscuits
- 250g cream cheese, room temperature
- 125g butter, room temperature
- ½ cup of caster sugar
- ½ tsp vanilla bean paste
- ½ lemon, juiced
- ¼ cup boiling water
- 2 tsp of gelatine powder
- 1 teaspoon icing sugar, to dust

Method

1. Line a 20cm square cake thin with baking paper. Before you start, double check that nine Lattice biscuits fit across the base snugly. It needs to be a snug fit!
2. In a small bowl, mix together the gelatine powder and boiling water. Let it sit for a few minutes before stirring again. Set aside to cool to room temperature.
3. Using electric beaters, beat together the cream cheese, butter and caster sugar. Whip until smooth and creamy.
4. Mix into the cheese mixture the vanilla bean paste and the lemon juice. With the mixer running at slow speed, slowly add the gelatine mixture. Mix until completely combined.
5. Line the base of the cake tin with nine Lattice biscuits, sticky sugar side down.
6. Carefully spoon the cream cheese mixture over the top, spreading it out into an even layer carefully.
7. Place another nine Lattice biscuits over the top, leaving a small gap between for you to slice later. Put in the fridge overnight to set.
8. Once set, remove from the tin and slice with a sharp knife between the biscuits. Dust with icing sugar and serve.
9. Keep in the fridge until ready to be served.



RECIPE

The Ultimate Roast Potato Hack

Don't be a spud when it comes to cooking delicious, not-just-a-side-dish worthy, perfect roast potatoes. Elevating them from ho-hum to WOAH is as simple as heading to the soup aisle.

If you're a child of the 70s or 80s you'll know where I'm headed with this conversation. Because if there's one soup mix that's worth its weight in gold, it's a packet of good old fashioned French onion soup mix.

It's the flavour-packed cooking hack everyone needs in their apron pocket. And the cost of this flavoursome hack? 45 cents. Yep, you read it - a clever 45 cent hack that'll have you licking your lips and reaching for more.

READ THE FULL RECIPE HERE



04

HOME-BASED LEARNING



TEACHER'S TIPS

Top Tips from an Experienced Teacher

Mum of two, experienced teacher, business owner (The Tutoring Company) and Australian Tutoring Association Board Member, Jenny Pownall shares her most popular tips for parents struggling with home schooling.

Be kind to yourself: You are not expected to know all the answers! Remember, you are the parent, not the teacher.

Limit chances of distractions and interruptions: Turn off the TV and set parental controls on children's devices and websites. **Parent Support** has great tips.

Foster independence: Make sure children know what to do and how to do it.

Most importantly, make sure they know what to do if they get stuck.

This DOES NOT involve always asking you!

Instead:

- Respond with “What do you think you could do?”
- Encourage them to try different solutions, even if you know it won’t work!
- Stand back and let them problem solve (this is how kids learn).

Praise their efforts and encourage them to keep trying.

Use terms like “I really loved the way you did/said/wrote….”

If an activity is causing stress and anxiety, then don’t do it!

Take a break and rethink. Can this be done in a practical, hands-on way that you and your child will find more enjoyable?

Cooking, writing lists and even housework can be turned into a learning opportunity!

Kids love to compete so what can you turn into a competition?

Challenge them to time themselves making their bed. Can they better this time the next day? How many pieces can you cut your banana into, count household objects, etc.

Manage challenging behaviour by asking your child "What would your teacher do if you did/said that?"

Encourage them to behave in the same way as they would for their teacher. "Time out" is a great option that allows children to calm down and reflect on their behaviour.

The list is endless and adaptable for all age groups, you can’t go wrong!

For more helpful tips follow The Tutoring Company on Facebook. Find out more about their tutoring program HERE.





HOT TIPS

Making Home-Based Learning Your New Normal

Make the most of it, one home-schooled lesson at a time.

Follow the school's lead

Every school will have a different plan in place when it comes to remote learning. If ever in doubt, call your child's teacher and discuss the lessons with them.

Communication and staying connected will be your lifesavers through this challenging time.

Do what works for you.

Work around your schedule, even if this means doing a bit of schoolwork after dinner or during your younger child's nap routine.

Make tech your friend.

Don't be afraid to make use of educational resources out there, even if they come from a screen, such as the ABC Education TV program (running daily) and the various websites and YouTube channels (see the next page).

Allow for creative, free and active play

Schedule time for outside play, for creative play (like with Lego, for example) and unstructured play.

HOT WEBSITES FOR KIDS

Educational Websites to Bookmark



GENERAL LEARNING

- Starfall
- Education
- ABCya!
- FunBrain
- PBS Kids
- All in One Homeschool
- Scholastic
- Highlights Kids
- National Geographic
- Turtle Diary
- eLearning for Kids

YOUTUBE CHANNELS

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic
- Free School
- GEOgraphy Focus
- TheBrainScoop
- Kids Learning Tube
- Geek Gurl Diaries
- Science Max
- SoulPancake



HOT WEBSITES FOR KIDS

Educational Websites to Bookmark

STEM

- Jnr Engineer
- SplashLearn
- Virtual Tours
- Cool Math 4 Kids
- Math Game Time
- Science Kids
- Switch Zoo
- Tynker

LITERACY

- ABC Reading Eggs
- Storyline Online
- Unite for Literacy
- Literactive
- Seussville

ONLINE LEARNING

- Cluey Learning
- The Tutoring Company
- Dymocks Tutoring
- Outschool
- Udemy
- Beast Academy
- iReady
- Khan Academy
- Creative Bug
- Discovery Education
- BrainPop



Join Homeschooling Mums Australia

JOIN THE GROUP

Homeschooling Mum Australia is a Facebook group which offers heaps of resources to help with the home schooling journey. But, more than anything, it's a place for parents to celebrate their wins and laugh at their failures on a daily basis.

ONLINE TUTORING

The helping hand you need

With everything up in the air right now, parents around the country are doing their best to juggle schoolwork, working from home and keeping everyone in the house happy and safe.

Sometimes we just want a little support with those s fractions or even just a better way to explain paragraph structure to a ten-year-old. Someone to give us a helping hand and make sure the schoolwork isn't suffering.

Small group tutoring classes with Dymocks Tutoring are tailored for children in **Years 4-12** and provide them with a host of additional benefits and structure to support their learning.

The main benefits are:

- Receive **up to one hour a week of one-on-one homework and assessment support** to help take the pressure off
- **Summary videos and test quizzes** to refer back to and check for understanding
- Notes and resources **mapped to the Australian Curriculum**, so it all matches up with what they're learning in class (or at home).
- Additional **exam and test practice** across the term for grades 7-12 so you get detailed feedback for improvement.

MUM CENTRAL READER OFFER:

Book a FREE no-obligation trial lesson to see for yourself to see if Dymocks Tutoring are the right fit! FIND OUT MORE

BUY NOW!



OUR TOP HOME-BASED LEARNING PICKS



ABC Reading Eggs

Designed by experienced educators, ABC Reading Eggs makes learning to read fun in just 15 minutes a day! Over 91% of parents report noticeable improvements in their child's reading ability within weeks. **Don't miss your last chance to claim your FREE 30-day trial!** JOIN NOW

The Tutoring Company

The Tutoring Company specialise in delivering individualised, one-on-one instruction and small group instruction through their state of the art, collaborative platform. They deliver personalised tuition by getting to know your child's specific needs and developing a program designed just for them. FIND OUT MORE

Dymocks Tutoring

Small group tutoring classes with Dymocks Tutoring provide children in years 4-12 with a host of additional benefits and structure to support their learning. Book your FREE TRIAL lesson today to see if it's a good fit for you.
FIND OUT MORE

Junior Engineers

Junior Engineers delivers fun, engaging and educational programs in coding and robotics to provide kids with the fundamental 21st century skills to set them up for future success, in a world where technology touches every aspect of their lives. FIND OUT MORE



05

STAYING SOCIAL



HAPPY BIRTHDAY

How to Host a Virtual Birthday Party

It's time to party like its 2020! Which means at home, most likely through Zoom, Skype or Facebook Video. Here's how to throw an epic bash even if it's virtually.

VIRTUAL BIRTHDAY PARTIES

- Consider an online magician or book a virtual visit from your child's favourite superhero or princess.

- Drop party bags off for the guests (or get the parents to collect them outside your house). You may want to get them to pick them up before the party so they can use the favours during the party such as Bingo cards.

- Other things to add to your party bag – a cupcake for when it's time to sing Happy Birthday, a party hat, some balloons and an easy craft to do.
-
- Not being able to physically open presents is disappointing but there are alternatives such as gift cards or platforms like Payk where guests can send money towards one extra special larger present.



OHHH BABY

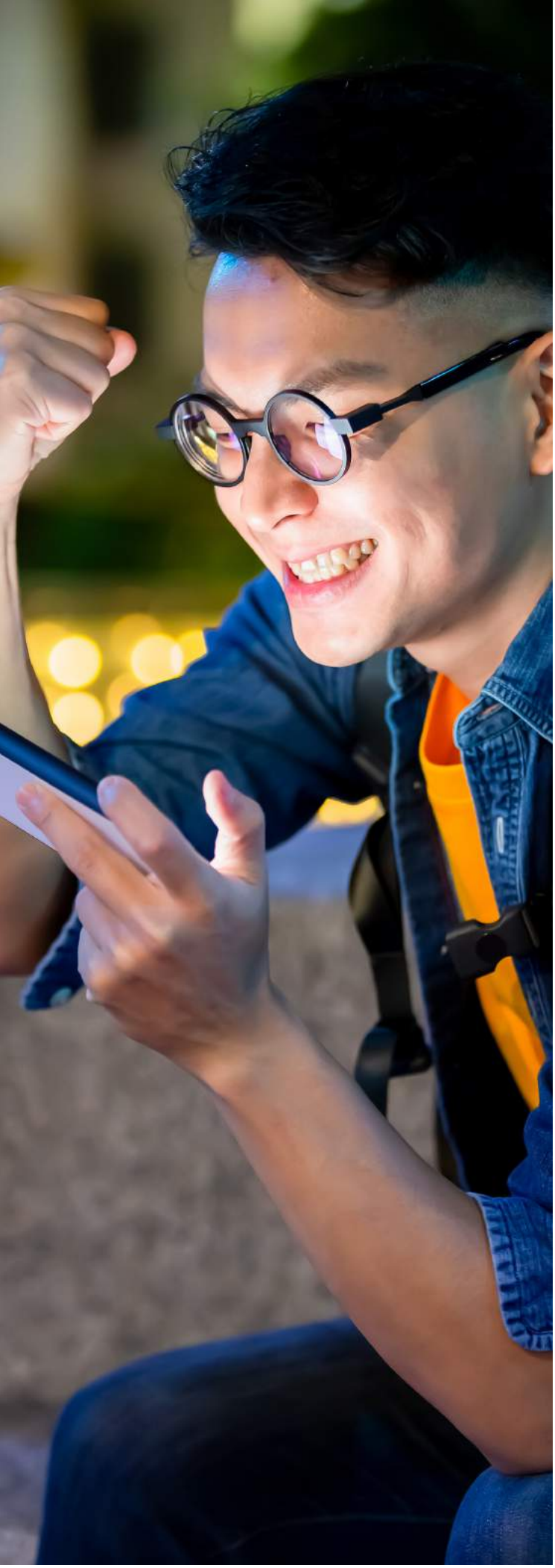
How to Host a Virtual Baby Shower

Countless mums-to-be are feeling the disappointment of having their baby shower cancelled thanks to COVID.

But, never fear – there are still plenty of fun ways to celebrate your baby bundle, even if you can't have a big gathering at your home or a venue.

VIRTUAL BABY SHOWERS

- Consider a drive through baby shower – Set up a comfy chair on your doorstep, decorate a table (no food needed) and allow guests to drive over for a social distance chat, put their name down a baby due date pool and drop a gift off. Make sure you stagger the guest visits though!
- Gift each guest with a Baby Shower Bag before the party begins complete with some sweet treats, baby-themed games to play over Zoom, a mini bottle of champers and a thank you note.
- Register at your favourite online baby store such as Baby Bunting, add
- sponsors' here.



IT'S GAME TIME!

How to Host a Virtual Games Night

Grab the chips, dip and champers and enjoy a night of shenanigans through the screens.

While you can't all meet up at a house or indulge in your local pub trivia night, you can still host a games' night.

Just pick a time and an online platform and you're ready to get your game on.

VIRTUAL GAMES NIGHT

- House Party is especially great for hosting games nights as it allows you to play games, like Heads Up, Quick Draw, Trivia and Chips and Guac
- all the while chatting face to face with your guests. You can have up to 8 people on the call at once.
- Additional online platforms where there isn't face to face interaction, but you can message, include Words with Friends, Yahtzee with Buddies and Lexulous.



06

PREGNANCY & BABY



What to Expect when Expecting During Lockdown

Planning for a baby during the pandemic? Here is a rundown on what you need to know.

Scans and Doctor's Appts

You will still need to visit your midwife and GP and get your regular 20-week scan, plus additional scans if required. However, your partner may not be able to attend these appointments and you may also have the option to do your monthly or weekly prenatal check over the phone or video call.

DIY Maternity Shoots

Maternity shoot cancelled? Consider staging your own in the backyard or bedroom. Check out our easy photography tips guide before you start.

Another easy DIY pregnancy shoot idea is to hop in the bath for a milk bath. You'll need plenty of milk, fresh flowers and a willing partner to take the photos. We've got an easy how to guide here.

Online Antenatal & Pregnancy Classes

Most antenatal classes are cancelled until further notice. You can find antenatal classes, including courses on hypnobirthing, online through a Google search. Many companies that offer classes like pregnancy yoga and pregnancy fitness have now moved their weekly classes online.

At Home Babymoons

Skip the beachside resort or hotel and stage your own staycation babymoon. You can add fresh rose petals to the bed, buy some non-alcoholic champers and pick up some special massage oils and bath bombs. Sure, it's not the same as being in a fancy hotel, but, treat yourself to a new doona to put on the bed, don matching slippers, get takeaway from a fancy restaurant, and it's (almost) like you're a world away.

Visitors when baby comes

For now, visitors are off-limits, including in the hospital. This may also include siblings depending on your hospital's policy. Although it can be hard to miss this social interaction, being quarantined during the fourth trimester is actually a blessing for both you and your baby. There's no need to put makeup on, or clean the house for visitors or return to the gym. Take this time to cuddle, relax, recover and transition into this new role.

PREGNANCY RESOURCES

One of the leading early parenting centres in Australia, Tresillian is a lifesaver for mums who need a bit of help getting baby into a good sleep routine. During COVID-19 no referral is necessary. If you're in NSW, you can ring up yourself and access their services, including home visits.

LEARN MORE

WOTBaby is another great website and app for new mums. It focusses on routines, sleep schedules, feeding concerns and heaps more. The founder, Jen Hamilton also offers home visits to help new mums settle into the swing of things.

LEARN MORE



If you've just had a baby, then Baby Mums Australia is the place to be! Connect with others who are dealing with exactly what you are, right now! The **Baby Mums Australia Facebook group** is your new tribe in raising your little person and a safe space to discuss all things new motherhood.

LEARN MORE



JOIN OUR TRIBE



If you're expecting, then Pregnancy Mums Australia is the place to be!

Filled with like-minded mums-to-be it's a safe place for honest chat, good advice and shared experiences.
From morning sickness to pram advice, get the answers and advice you crave from the comfort of home.

LEARN MORE



If you've just had a baby, then Baby Mums Australia is the place to be! Connect with others who are dealing with exactly what you are, right now! From sleepless nights to endless love, spilled milk to starting solids, we've got you. Meet your new tribe in raising your little person and a safe space to discuss all things new motherhood.

LEARN MORE



Join mums across Australia navigating the wavy waters of homeschooling.

Homeschooling Mums Australia offers a place where we can go to celebrate our wins and laugh at our failures. After all, we are all in this together.

LEARN MORE



PREGNANCY PICK

For new mums, we are absolutely loving **One Eco Step's Baby's Newborn Starter Pack**. I



It's got the baby goods when it comes to feeding, settling and changing with:

- 1x Oxo-biodegradable Breastmilk Storage Bags
- 1x Biodegradable Baby Change Mats
- 1x Natural Baby Bottle Cleanser
- 1x Organic Cotton Swaddle
- 1x Natural Bamboo Swaddle

Fnd out more about One Eco Step here
http://www.oneecostep.com.au



MUM CENTRAL EXCLUSIVE OFFER:

Use SUPPORTSMALLBUSINESS at checkout to SAVE 20%

SHOP NOW

BUY NOW!

NEW MOTHERHOOD

Keep Calm & "Parent On"

Brought to you by Tommee Tippee & WOTBaby

Parenting is a full-time gig, but never before has parenting been this full on! With playgroups cancelled, park visits on hold and babysitters off the tables, parents are spending more and more time with their young children in the comfort of their homes. This time is so special to our kids but it can also be a bit overwhelming. WOTBaby founder Jennifer Hamilton shares her top tips for parenting during COVID-19.

- Cherish this alone time with your family: You have no schedule to worry about; concentrate on yourself and your little family.
- Keep in touch with your support systems: Zoom and Skype are great for scheduling group video calls.
- Use this time to implement a routine: With no need to leave the house, you can focus on some of those tricky baby and toddler tasks – like implementing a sleep schedule or tackling toilet training.
- Don't let the guilt get to you: Don't be too hard on yourself about not giving your toddler or baby the traditional 'playtime' they're used to, like park ventures and play dates. They really won't remember much about this time at all. Their favourite play partner is still by their side.
- Self-care is more important now than ever: Even if this is just finding 10 minutes to lay peacefully beside your little one as they play, taking deep breaths and practicing some meditation.

Remember, parenting during a global pandemic is a first for all of us. There are no rules. You need to do what works for you.

For 60 years **Tommee Tippee** have prided themselves on Helping You Parent On. And while this challenge is new to them too, they're right there with you on the journey and here to help you as much as we can. Visit their specially curated hub full of resources to keep you healthy, happy, mindful and busy.









One day, hopefully in the not-too-distant-future, we will close the book on this COVID-19 chapter. We will have big parties, travel overseas, return to the roads and return to our busy lives.

We hope this digital magazine will help you make the most of your time in isolation and give you ideas to take on board when the pandemic ends as well.

Be sure to follow Mum Central on Facebook for more tips, tricks, advice and activities to make the most of our this crazy thing we call parenting.

FROM OUR FAMILY TO YOURS, STAY SAFE.

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www.mumcentral.com.au