

SAFE Single Mum

# The Single Mum's Permission Book

LESS GUILT. LESS PRESSURE.  
MORE PEACE.

# Welcome

Somewhere along the way, many of us started believing there was only one "right" way to be a good mum.

This book is here to gently challenge that.

Inside are permission slips for the season you're in.

Some are practical. Some might sound ridiculous. Some might make you laugh. Some might even make you think, "Surely not..."

But every single one comes from real life.

If it makes life easier, protects your peace and helps your family function...

Permission granted.

Take what helps.

Leave what doesn't.

And remember...

You don't need to do it perfectly.

You just need to keep going.

# Permission to Let Go of Perfect

## **The "No Visitors Standard"**

Ask: "Is my home functioning for us?"

Not: "Would I let unexpected visitors in?"

Those are entirely different standards.

## **The "No Matching Socks" Rule**

Life is too short. Nobody notices. Nobody cares.

## **Washing Is Clean When It's Dry**

Not when it's folded. Not when it's ironed. Not when it's colour-coordinated.

Dry = complete.

## **Showering Counts As Cleaning The Bathroom**

Someone showered? Steam happened. Close enough.

## **Towels Are Reusable**

Unless they smell. Seriously. You don't need seven fresh towels a week.

## **The Floor Basket**

No time to tidy? One giant basket. Everything goes in.

Lego. Books. Random socks. Close enough. Sort later.

Or next month.

## **The Basket Method**

Forget folding. Each child gets a clean washing basket. Clothes are washed and thrown into their basket. Their room. Their problem. This can literally be your system for years.

## **Bedtime Resets**

No energy to clean bedrooms?

Clear only:

✓ Dirty clothes.

✓ Rubbish.

✓ Cups.

Ignore everything else.

## **Paper Plates Week**

Some weeks everyone eats off paper plates.

Nobody receives a medal for dishes.

## **Dinner at 4pm**

Who decided dinner had to happen at six? If your kids come home starving...

Feed them. Dinner. At 4pm. Toast before bed works too. Fed is fed.

## **Breakfast in the car**

Some mornings are just... like that. Wrap. Banana. Yoghurt pouch. Off you go.

Children don't remember where breakfast happened. They remember getting there together.

## **Black socks all weekend**

Bare feet. Inside out. Backwards. Outdoors with no shoes. Weekend rules are different.

Save your energy for the things that actually matter.

## **Let Them Eat Breakfast in Front of the TV**

Some mornings need less rushing. Less arguing. Less pressure.

If ten quiet minutes in front of Bluey means everyone gets out the door...That's a win.

## **Mud Is Good**

They'll get dirty. Their clothes will need washing. The floor might need sweeping.

It's okay. Fresh air, muddy shoes and happy kids are usually worth it.

## **Bits and Pieces for Dinner**

No meal plan? No problem.

Cheese. Crackers. Fruit. Carrot sticks.

Leftover chicken. Sliced ham. Chocolate.

A handful of whatever's in the fridge.

It's called a grazing plate now.

## **Cereal Solves More Problems Than You Think**

Hungry after school? Cereal.

Hungry before bed? Cereal.

Need five minutes to think? Cereal.

Cereal in a mug? Even better!

It doesn't always have to be a "proper" snack.

## **Who says you can't sleep in your school uniform?**

Clean school shirt.

Clean undies.

Clean socks.

Straight to bed.

Tomorrow morning is already half done.

Sometimes future you deserves a favour.

## **Triple Sheets**

Three fitted sheets and mattress protectors layered.

Sheet. Protector. Sheet. Protector. Sheet.

Middle-of-the-night vomit? Rip one layer off. Go back to bed.

Deal with the washing tomorrow.

## **Shoes Can Live in the Car**

Football boots.

Sports socks.

Spare runners.

Leave them there. Stop carrying them in...Then back out again.

## **One Basket Per Staircase**

One basket upstairs.

One basket downstairs.

Everything that needs to travel...Goes in. No more fourteen hundred tiny trips.

## **Colour Code Everything**

Drink bottles. Lunchboxes. Towels. School hats.

If everyone has a colour... Nobody asks, "Which one's mine?"

## **Robo Vac**

Let the robot collect today's crumbs.

You have more important things to do. Like sitting down.

## **Command Hook for Bibs**

One hook. Back of the highchair. Bibs live there.

Tiny problem. Permanently solved.

## **No-Tie Shoelaces**

Swap them once. Never tie another school shoe again.

Small change. Daily win.

## **Sauce Under the Hotdog**

Put the sauce inside the bun. Then the sausage.

Less mess. Less dripping.

You're welcome.

## **European Bath**

Too tired for bath time? Kids don't want to?

Soapy warm water. Warm washer. Face. Armpits. Bits. Feet. Fresh undies. Pyjamas.

Done.

## **Bath Time Doesn't Need Water**

Some nights...

Fresh clothes. Moisturiser. Story. Bed.

Nobody's childhood was ruined by one missed bath.

## **Bathroom Toothbrushing**

Bathroom optional.

Kitchen. Shower. Couch. Car park before school.

Dentists care that teeth get brushed. Not where.

## **Shower Trick**

Everyone comes home cranky? Straight into the shower.

Warm water changes the mood surprisingly often. Snack afterwards.

## **Picnic Dinner**

Dinner battle?

Skip the table. Blanket. Toasties. Movie.

Sometimes connection matters more than vegetables.

## **Walk Laps While the Kids Play on the Oval**

They're happy. You're moving. Everyone wins.

Sometimes parenting and self-care can happen together.

## **Monster Spray**

Water. Spray bottle. A label. A few drops of lavender if you like.

Nightmares don't usually stand a chance.

## **Mini Trampoline**

Need to burn energy? Jump.

Crash onto the beanbag. Repeat.

Far better than jumping on the couch.

## **Car Swear Time (It was suggested I rename this!)**

School is over. Wind up the windows!

On the drive home...

Everyone gets thirty seconds.

Swear. Yell.

Let it all out.

Sometimes children just need a safe place to empty their bucket.

## **Pyjamas for School Holidays**

One pair.

All day.

Maybe tomorrow too.

They're holidays. Nobody's judging.

## **Cereal for Dinner**

Weet-Bix.

Milk.

Banana.

Fed children. Tick.

## **Walk to the Shops for Ice Cream**

Need to change the mood? Walk together. Scoot. Ride.

Ice cream.

Walk home.

Sometimes the conversation is worth more than the ice cream.

## **Kids Wipe Cupboards with Baby Wipes**

Children love jobs that feel grown-up.

Hand them a baby wipe. The cupboards get cleaner. They feel helpful.

## **Grocery Shopping While Kids Are at Sport**

They're occupied.

You're productive.

One less job to do with tired children in tow.

Sometimes timing is the best life hack of all.

**If this book made you breathe a little easier...**

**That's exactly why SAFE Single Mum exists.**

**Everything I create is designed to help single mums reduce overwhelm, create calm homes and rebuild with confidence—one small step at a time.**

**When you're ready...**

**I'd love to help you take the next one.**

 **Kylie**

**SAFE Single Mum**

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