

# Why parents need to laugh more (and judge less)

FEED PLAY LOVE ([HTTPS://BABYOLOGY.COM.AU/PODCASTS/FEEDPLAYLOVE/](https://babyology.com.au/podcasts/feedplaylove/))

by Shevonne Hunt

(<https://babyology.com.au/author/shevonne-hunt/>)



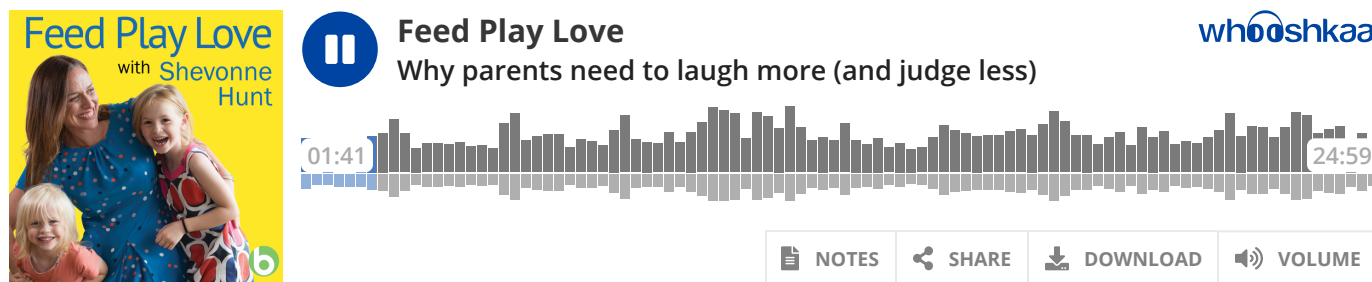
**LISTEN**

Comedian Jenny Wynter says that laughter is the key to making it through hard times. It helped her when she was a young girl who had just lost her mother and later when she became a mother herself and the challenges seemed endless. Her ability to make people laugh and the way that made her feel got her out of the house when her children

were still toddlers. Even covered in baby vomit and sleep deprived laughter was what she craved. Her book is called *Funny Mummy* (<https://www.jennywynter.com/funny-mummy-book>).

Jenny talks about how her childhood shaped her into someone who gives other people the joy of laughter.

## Listen to Jenny Wynter on *Feed Play Love*:



The image shows a podcast player interface. On the left is a yellow cover for 'Feed Play Love with Shevonne Hunt' featuring a woman and two children. To the right is a blue play button icon. The title 'Feed Play Love' is displayed, followed by the subtitle 'Why parents need to laugh more (and judge less)'. The 'whooshkaa' logo is in the top right. A waveform visualization shows the audio content, with a progress bar at the bottom indicating a current time of 01:41 and a total duration of 24:59. Below the waveform are four control buttons: 'NOTES', 'SHARE', 'DOWNLOAD', and 'VOLUME'.

Find more great stories and expert advice in the Feed Play Love podcast. Available in Apple Podcasts (<https://itunes.apple.com/au/podcast/feed-play-love/id1041857242?mt=2>), Google Podcasts, (<https://www.google.com/podcasts?feed=aHR0cHM6Ly9yc3MuYWNhc3QuY29tL2tpbmRlcmxpbmdjb252ZXJzYXRpb24%3D>) Spotify ([https://open.spotify.com/show/58tt7X46mxU7NE8Ad4RfTz?si=5PWpuz6zQHKVvXZ\\_ocdpYw](https://open.spotify.com/show/58tt7X46mxU7NE8Ad4RfTz?si=5PWpuz6zQHKVvXZ_ocdpYw)) or wherever you listen.

*December 4, 2020 (<https://babyology.com.au/podcasts/feedplaylove/why-parents-need-to-laugh-more-and-judge-less/>)*

Share



**MORE LIKE THIS ARTICLE**

[Listen to More Episodes \(https://babyology.com.au/podcasts/fee](https://babyology.com.au/podcasts/fee)

Get more babyology straight to your inbox

(/babyology-newsletter/)

**POPULAR RIGHT NOW**



(<https://babyology.com.au/lifestyle/things-to-do/play-and-activities/50-things-parents-must-kids-grow/>)

**PLAY AND ACTIVITIES**

([HTTPS://BABYOLOGY.COM.AU/LIFESTYLE/THINGS-TO-DO/PLAY-AND-ACTIVITIES/](https://babyology.com.au/lifestyle/things-to-do/play-and-activities/))

**Making memories: 50 things to do with your kids before they grow up**  
(<https://babyology.com.au/lifestyle/things-to-do/play-and-activities/50-things-parents-must-kids-grow/>)



(<https://babyology.com.au/health/pregnancy-health/i-have-a-tilted-uterus-so-what-does-this-mean/>)

**PREGNANCY HEALTH**

([HTTPS://BABYOLOGY.COM.AU/HEALTH/PREGNANCY-HEALTH/](https://babyology.com.au/health/pregnancy-health/))

**I have a retroverted uterus – here’s what it meant for my pregnancy**  
(<https://babyology.com.au/health/pregnancy-health/i-have-a-tilted-uterus-so-what-does-this-mean/>)



(<https://babyology.com.au/health/family-health/7-common-penis-problems-in-little-boys-and-what-to-do-about-them/>)

**FAMILY HEALTH**

([HTTPS://BABYOLOGY.COM.AU/HEALTH/](https://babyology.com.au/health/family-health/))

**7 common penis problems in little boys and how to solve them**  
(<https://babyology.com.au/health/family-health/7-common-penis-problems-in-little-boys-and-what-to-do-about-them/>)

**Follow us**