

Successful Single Parenting

Parenting is probably the most important job any of us will ever have. It is a difficult job with two parents sharing the responsibility, but when there is just one person, it can be overwhelming. Being a single parent affects every aspect of your life. You must deal with the concerns of economic and social changes that come with raising a child all on your own. Single parenting can be extremely stressful and can take a toll on you if you let it. Here are some tips to help you combat the pressures of single parenting.



- Hire a teen to watch the kids while you prepare dinner or while you clean. You can also have them help with household chores.
- When you prepare meals, make twice the amount. You can freeze the rest and use it at a later date.
- Make a schedule and keep to it. Children need to know what to expect.
- Mandate that the first 50 minutes home after work/school is quiet time. This allows everyone to unwind after a hectic day. You can mentally let go of earlier frustrations and concentrate on what needs to be done now.
- Be sure you have a back up day care plan.
- Take time for yourself each day. Exercise is a must for stress reduction. Your child's behavior will reflect exactly how you feel.
- Keep expectations reasonable. Do not expect a tired, hungry, or cranky child to hold up.
- You need positive support from other adults. Seek out a parent group through a local hospital, school, church, or your Employee Assistance Program.