

## Single Parenting



If you are a single parent as a result of a divorce or death you know all too well how challenging and emotionally draining this can be. If your situation is due to a loss of a spouse then your situation is intensified as you are forced to adapt to other life changes such as income loss, loss of residence etc. on top of being the sole caregiver for your children.

As a single parent you have probably had feelings of severe overload and the feeling of being very alone. You no longer have someone to discuss major decisions with or have support during times of emergencies such as a sick child.

### **Below are some suggested steps to help you get through the difficult times:**

- Support systems such as friends and family are invaluable when it comes to having someone to talk to. Share your decision making with them and call for assistance in emergencies.
- Try to establish emotional and social attachments outside of your family. Do not become dependent upon your children for relationship needs.
- You don't have to take on all the decisions and responsibilities for your family. Try to let the children share the decision-making. Also have your kids share in household chores that are age appropriate for them. This will help you out as well as give your kids a positive feeling of contributing to the household.
- If you are a single parent due to a divorce, consider keeping your ex-spouse involved as much as possible as a parent as this will help to reduce your responsibilities.
- Try to keep a positive outlook on single parenting. Being a single parent will be very challenging but it can also be very rewarding. Remember to give yourself credit for your efforts and take good care of yourself because this is the first step to taking good care of your children.