

# How To Get It Right As a Single Parent

Being a single parent can be challenging, but it doesn't mean you can't get it right. With the right approach, support, and mindset, you can navigate through the journey of single parenting successfully. In this guide, we will explore some valuable tips and strategies to help you thrive as a single parent.

## **1. Establish a Support System**

One of the key factors in getting it right as a single parent is to establish a support system. This can include friends, family, and even support groups or online communities. Having people you can rely on during tough times or when you need a helping hand can make a significant difference in your parenting journey.

**SINGLE PARENT**

**SUPPORT GROUP**

**16 MARCH 2015**

**NORTH PLAINS CHAPEL**  
**@ 6:30 PM**

**CHILD CARE ON-SITE**

*REFRESHMENTS WILL BE SERVED*

*Call 723-5096 for more information*

**FAMILY ADVOCACY PROGRAM**



## Stress-Free Single-Parenting: How To Get It Right As a Single-Parent by Cathy Glass (Kindle Edition)

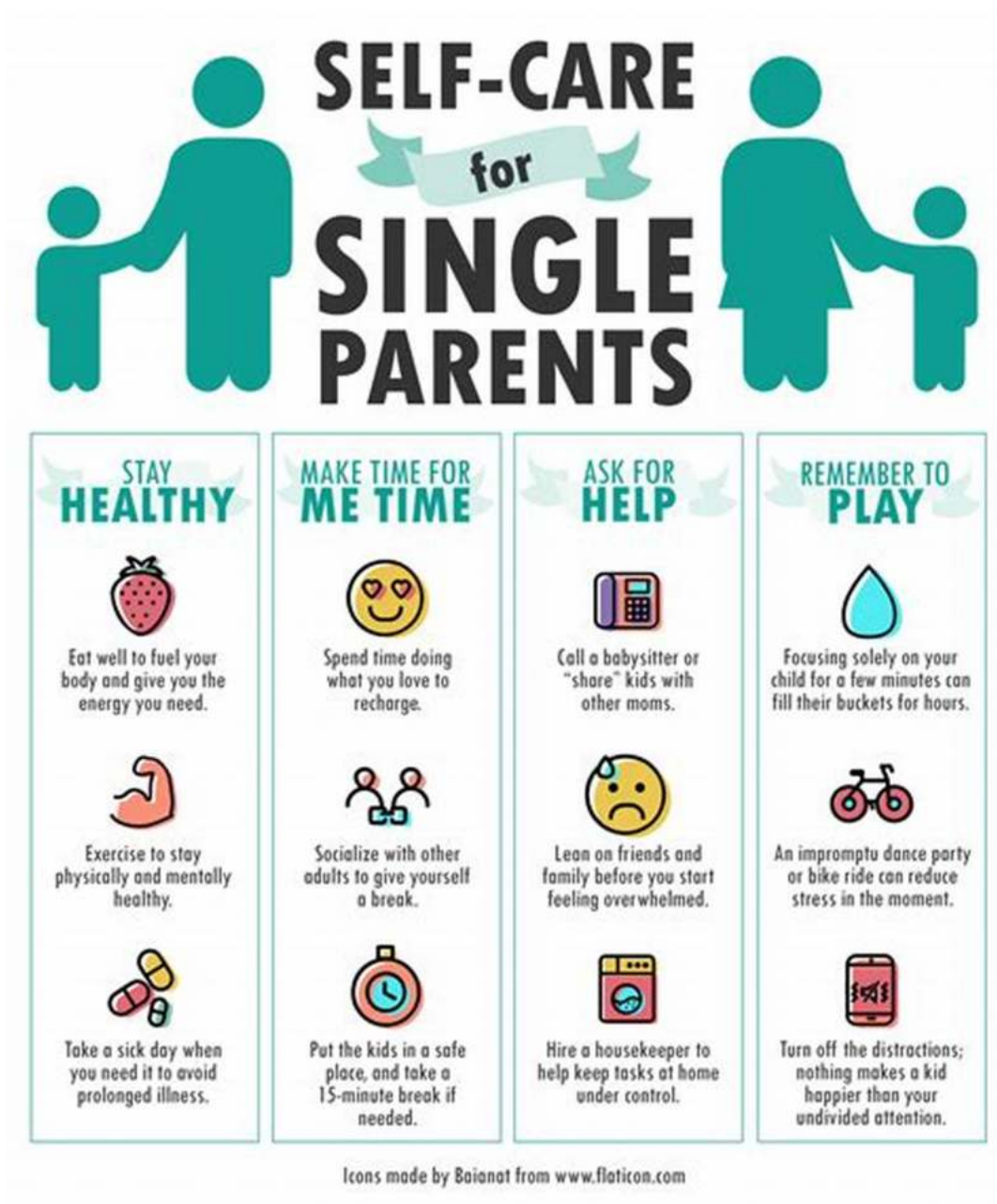
★★★★☆ 4.8 out of 5

Language : English  
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 Enhanced typesetting : Enabled  
 Word Wise : Enabled  
 Print length : 37 pages  
 Lending : Enabled

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## 2. Prioritize Self-Care

As a single parent, it's easy to put your needs last. However, prioritizing self-care is crucial to ensure you have the physical and mental energy to take care of your children. Make time for activities you enjoy, practice self-care routines like exercise and meditation, and don't hesitate to ask for help when needed.



## 3. Set Realistic Expectations

Setting realistic expectations for yourself and your children is essential to avoid unnecessary stress and disappointment. Recognize that you may not be able to do it all and that it's okay to ask for help or delegate certain tasks. Focus on what truly matters and let go of unattainable ideals.

**SETTING REALISTIC EXPECTATIONS**

HERE'S HOW YOU CAN MOTIVATE YOUR CHILDREN AND ENCOURAGE THEM TO LEARN AT THEIR OWN PACE.

- 01. Pay attention to what they say**  
Listen to your children and understand their point of view.
- 02. Set goals together**  
Talk about their strengths, abilities and goals and how they can achieve them.
- 03. Don't compare**  
celebrate their successes instead of comparing with others.
- 04. Tell them it's okay to make mistakes**  
If they stumble, let them get back up and reassure them that you're there to talk and help.
- 05. Don't focus only on results**  
Encourage them to pursue their strengths, interests and try new things.

University of Exeter

## 4. Create a Routine

Children thrive on routines and structure, especially when going through significant life changes. Establishing a routine can provide stability and predictability in their lives. Set consistent bedtimes, meal times, homework schedules, and allocate quality time for bonding activities.

*Our Day at Home*

<i>Time</i>	<i>Activity</i>
6:00 am	
7:00 am	<b>WAKE UP, BREAKFAST</b>
8:00 am	<b>CHORE TIME</b>
9:00 am	<b>ACADEMIC TIME</b>
10:00 am	<b>SNACK, OUTSIDE TIME</b>
11:00 am	<b>CREATIVE TIME</b>
12:00 pm	<b>LUNCH</b>
1:00 pm	<b>EDUCATIONAL VIDEO/APP*</b>
2:00 pm	<b>REST/READING/FREE TIME IN ROOM*</b>
3:00 pm	<b>SNACK</b>
4:00 pm	<b>OUTSIDE/PLAY TIME</b>
5:00 pm	<b>DINNER</b>
6:00 pm	<b>FAMILY TIME/BATHS</b>
7:00 pm	<b>FREE TIME IN ROOM*</b>
8:00 pm	<b>BEDTIME</b>
9:00 pm	

## 5. Foster Open Communication

Encourage open communication with your children from an early age. Create a safe space for them to express their feelings, thoughts, and concerns. By fostering open communication, you can better understand their needs and provide the necessary support and guidance.



## **6. Seek Professional Help if Needed**

Don't hesitate to seek professional help if you or your children are facing challenges that you feel unequipped to handle on your own. There are counselors, therapists, and support services available specifically for single parents. Seeking professional help can provide valuable insights and strategies to navigate difficult situations.



## **7. Embrace Change and Flexibility**

Being a single parent often requires adapting to constant change and unexpected situations. Embrace flexibility and be open to adjusting your plans or routines when necessary. Being flexible allows you to better navigate through challenges and maintain a positive environment for yourself and your children.



## 8. Celebrate Small Victories

Single parenting can be overwhelming at times, but it's important to acknowledge and celebrate the small victories along the way. Whether it's successfully juggling work and parenting responsibilities or witnessing your child's achievements, take the time to appreciate and acknowledge these moments. Celebrating small victories can boost your morale and remind you that you're doing an incredible job.





Celebrate even  
small victories.

H. Jackson Brown Jr.

Being a single parent may come with its own set of challenges, but it doesn't mean you can't thrive in your role. By establishing a support system, prioritizing self-care, setting realistic expectations, creating a routine, fostering open communication, seeking professional help when needed, embracing change and flexibility, and celebrating small victories, you can confidently navigate through single parenting.

Remember, you are capable of getting it right as a single parent. Embrace the journey, learn from the experiences, and celebrate the love and bond you share with your children.

## **Stress-Free Single-Parenting: How To Get It Right**

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Is there a secret to successful single-parenting?

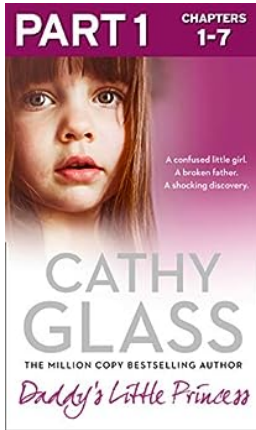
How do you make sure that you are not failing at your duty and responsibility as a single-parent?

You'll find the answers to these questions and more in this ultimate guide for written for single-parents.

A handy guide with tips, advice, and common sense to use as a single-parent. Raising children is a big responsibility, but many problems can be solved with simple solutions.

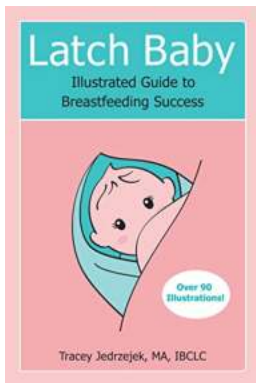
Here is the hope, the encouragement and the practical information that will help you not to be alone on a single-parenting trip.

Stress-Free Single-Parenting: How To Get It Right As a Single-Parent is the ultimate book, and it can only be the one that will save your sanity, relationships, and family.



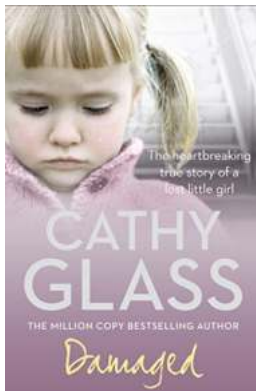
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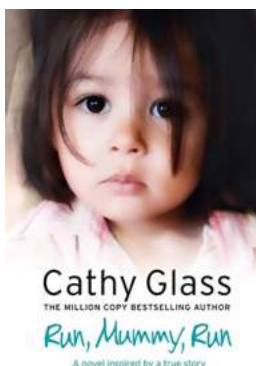
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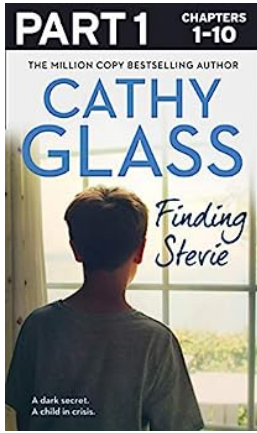
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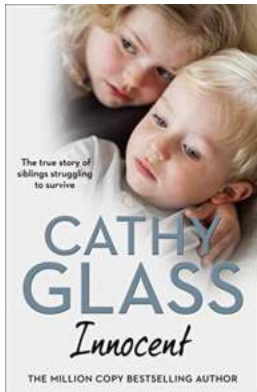
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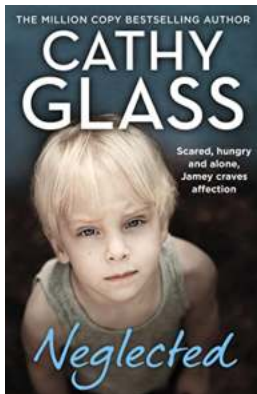
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