

Surviving as a Single Parent

Although being a single parent can be challenging, it can also have many benefits. There are many helpful survival tips for a single parent to raise your child or children with a positive attitude. Some important tips are:

1) Forgive even if you are never able to

forget: Let go of grudges that you may have towards the other parent who is absent from both of your lives. Holding on to that anger will not change the situation and will probably consume a great deal of energy-energy that could be devoted to creating a positive atmosphere for your child. If you dwell on your negative feeling towards the other parent chances are your child will notice that and suffer in some way from your negative attitude.

2) Make the Most of Everything You Have:

Even if you don't have a lot of money, you do have your child and your love and your time to give to them. Try to remember that monetary wealth and material possessions are not the most important things in your child's life. Your love, support and time mean much more to them.

3) Be the Best Parent You Can Possibly Be:

Give as much as you can without setting unrealistic goals for a parent to achieve on their own. Recognize what you can do to create a good life for your child to the best of your abilities.

4) Develop a Network of Reliable

Resources: Families are not always biological. Surround you and your child with friends you know and trust-people who care about both of you. Nobody should have to raise a child alone, rely on your "family" of close friends to offer support and advice to help you with your single parenting challenges.

5) Take Responsibility for Your Life Today:

Your child is not responsible for the experiences or events that made you become a single parent. Your child is completely dependent upon you through no choice of their own. Don't hold your child accountable for your actions, children are powerless and vulnerable to the less-than-ideal consequences they face as a child of a single parent. Your role and influence in your child's life paramount to their chances of becoming a happy, productive, successful adult.

6) Set Up Daily Rituals and Routines: Your child needs stability and security. One way to provide this is to develop daily routines. Your child will look forward to and count on it to occur with regularity.

7) Be Consistent and Dependable: Create realistic rules and a standard of discipline that you stick to all the time. If you're consistent with your child, he will learn what is acceptable behavior and what is not. If you're dependable, they will always know that they can count on you to help them. You are the most important thing in your child's life and no matter how tired or frustrated you get, your child will always depend on you

Single Parenting



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Single Parenting

A single parent family is a family where there is only one parent and one or more children living together in a home atmosphere, versus a family that has two parents living in the home. Basically, it is one parent having to serve a dual-parent role, that of both a mother and a father to a child or children, in the absence of the other parent.

Usually a dual-parent home is better than a single parent one, however, if the two parents do not get along and the child is being subjected to arguing and family strife, the a single parent household is better.

While single parenting is not a choice many people would intentionally make, it can have its rewards. Many times single parents discover they are capable of doing more than they ever thought possible and that they have skills that they never knew they possessed. They become more self-reliant and less co-dependent upon others for their existence. Hopefully they can realize that happiness comes from within and not from other people.

Single parenting is very challenging, but it can also reap benefits if you accept the challenge and grow through it.

Common Struggles of a Single Parent

Besides the task of raising a child alone, you are also responsible for the every-day struggles that life brings. Some of the main struggles single parents are faced with are:

1) The Financial Challenges : When you have two people paying the household expenses it doesn't seem like a big deal. However, when it is the responsibility of a single parent it becomes a big deal. Make sure you do what you can to decrease your monthly expenses..

2) Finding Competent Childcare: Many single parents are at the mercy of the childcare opportunities available in their community. All parents want their child to be in the best center , the problem with the best is the best is usually expensive. Call the different centers in your community and compare rates. Also, many centers offer subsidized rates for low-income families.

3) Gender Issues: A single parent may find it difficult to deal with situations that the other parent would have normally dealt with. If you are having difficulty dealing with these issues, try asking a gender-related friend or relative to help out.

4) The World on Your Shoulders: When there is only one parent, the household responsibilities lay on the shoulders of that one parent. Cleaning the house, cooking meals, keeping up the yard, paying bills, keeping an eye on the kids, along with all the other parental responsibilities are the sole responsibility of that parent. It's easy to see that every parent needs a break every so often. Make sure you take that much deserved break to revive and re-energize yourself.

5) Feeling Lost and Alone: Many single parents find themselves feeling isolated at one point or another. If you find yourself a bit lonely and want to communicate with people who are going through the same thing as you, check for single parent support groups, you'll find it beneficial for you and your child.

6) Introducing Your Child to Those You are Dating: Many single parents are confused as to when to introduce a significant other to their child. While its never good to hide a growing relationship from your child, watch that they don't become emotionally attached to someone your dating unless you think the relationship is going somewhere.