



Successful Single Parenting

As a single parent do you ever feel overwhelmed, anxious, incompetent, guilty, depressed, lost, fearful, lonely or isolated? You're not alone! All these things are common, especially in the first few years of single parenthood.

SINGLE PARENT SUGGESTIONS:

- Get aid from other caregivers, friends or families to cope with the demands of parenting.
- Accept that you cannot do it all alone.
- Include positive role models for your children in your and your child's life.
- Take care of yourself so you can take care of your child.
- Continue to support established relationships your child has with friends and family members that benefit them.

ACTION PLAN FOR BETTER SINGLE PARENTING

- **Be consistent.** Let your child know what you expect from him/her and what he/she can expect from you.
- **Establish stable child care.** Make arrangements for the best supervision possible within your means.

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- **Organize your time.** Make sure you give your children some individualized attention. Set time aside for yourself as well.
- **Work towards a better future.** Continue to grow in all areas of your life.

WHO TO CALL FOR HELP

Parent Helpline
1-800-CHILDREN

**Center for Community
Support and Research**
1-800-445-0116

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