



# Tips for the Single Parent

## Caring for Your Children

Set up a discipline plan. Decide ahead of time what punishments should follow what misbehavior; make sure everyone knows the rules. Avoid physical punishment. Instead use logical consequences or withdraw privileges. With a plan, you'll be more self-confident and less likely to lash out at your children.

Anticipate your response to upsetting situations. Plan ahead for what you will do and say if, for example, the other parent disrupts your plans or disappoints the children. Try not to involve the children in angry scenes, and don't force them to take sides.

Respect your children's individuality. Be aware something about them may remind you of the other parent, which might make you especially critical of them. Respect your child's feelings and relationship with the other parent.

For information, support and referrals related to parenting and family concerns, please call the Parent Helpline at 1-800-CHILDREN.