



Tips for the Single Parent

Emotional Distress

Single parents often find they have to deal with their anxieties alone. How can you cope with the hurt and isolation?

- Talk to someone. Strength means asking for help when you need it. Call a community hotline, social service agency or member of the clergy for names of qualified counselors.
- Find a support group, others who have been through the same experience. Make contact with other single parents in your neighborhood, school, or church.
- Find a new hobby or rediscover an old one. Find at least one thing that you can do for yourself that makes you feel good, anything inexpensive that you can do to relax.
- Get out of the house occasionally. Visit friends, take part in community affairs. You need to have some time for yourself and contact with people of your own age.
- Stick to routines to help you cope. This helps you feel more in control and helps your children feel more secure.

Control emotional responses to your children. Here are some simple things to do when you are so angry with your children that you want to scream at them or hit them:

- Stop in your tracks.
- Breathe deeply in and out.
- Count to 20 before speaking.
- Go into another room.
- Call a friend.
- Read a magazine.
- Take a hot bath.

Wait until you are in control of yourself before you try to take control of the situation.

You Can Do It!

You can cope with the stress of single parenthood! Millions of other single parents have done it, have raised happy healthy children, and are enjoying happy fulfilled lives.

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