



Tips for the Single Parent

Managing Money

Money problems can be a major cause of stress for single parents. It is hard to find ways to stretch a single income. Even if you receive child support, that rarely covers the cost of raising a child.

Here are some suggestions for improving your finances:

- Make a plan for increasing your income. Do what is necessary to finish your education, obtain a job training, or get a job. Talking with a career guidance counselor may be helpful. Talk over your plan with your children if they are old enough to understand.
- Learn to budget. Keep track of monthly expenses and list the bills that have to be paid. You may see ways to cut costs. Call the county Cooperative Extension to ask if they provide budget counseling.
- Get any child support your children are entitled to. In New York State, you can call the Office of Child Support Enforcement at 212-264-7170, or call your local department of Social Services Child Support Enforcement unit.
- Find out if you're eligible for any government program benefits. There may be benefits you can get if you're employed. Check about food stamps, school lunch, housing assistance, medical care, child-care assistance, subsidized counseling or job training.

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