



Tips for the Single Parent

Managing Day-to-Day Living

Being a single parent is often hard and very stressful. You are most likely facing several problems all at once. Some problems you expected, some you didn't.

Some stress is always a part of parenthood, whether single or not. The stress you feel is a part of life, as well as a part of your particular situation. Some uncertainty or fear is because you don't know what to expect or exactly what to do to adjust and rebuild your life. You are not alone! You can learn ways to handle the stress that you can't eliminate. What counts is having the courage to cope with new problems and situations.

Managing home, work and children is especially hard for single parents. Some ideas:

- Try to find housing where there are other parents who might trade off transportation or child care. Or try to build such networks with other parents from day care or school.
- Establish routines. Regular meals and bedtimes help protect your health, and make it easier to be on time for appointments and work.
- Plan ahead for school closings or if your children are sick.
- If you can, find an employer who understands your situation and is willing to make arrangements when you have a sick child or appointments.

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