



A WAY OF BEING WITH CHILDREN

Supporting Single Parents

Overcoming Challenges, Embracing Self-Care, and Finding Support

Single Parent Households

Being a single parent is an incredible journey of strength, resilience, and love. Every day brings its own set of challenges, but it's important to remember that you are doing something remarkable. The love you provide, the sacrifices you make, and the example you set for your child are more than enough to help them thrive. It's okay to have tough days, but don't let them define you. You are showing your child the power of perseverance, and through your efforts, you're teaching them that even in the face of adversity, love and determination can overcome any obstacle.

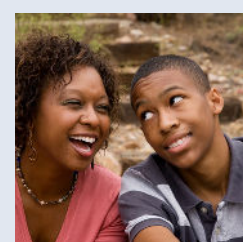
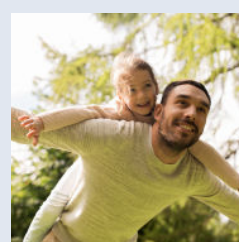
Balancing the responsibilities of raising children, managing a household, and maintaining a personal life is no small feat, especially for single parents. With the dual role of provider and caregiver, single parents often face unique challenges that require resilience, creativity, and a strong support system. However, with the right strategies, it's possible to create a harmonious balance between work, parenting, and personal well-being.



Remember

You are stronger than you think. Remember that you've already navigated many challenges to get where you are today; proof of your resilience and determination. Take one moment at a time—progress is progress, no matter how small.

It's okay to ask for help. You don't have to do everything alone. Reaching out for support from friends, family, or community resources is a sign of strength, not weakness. You deserve care and support just as much as you give it to others.



Self-care:

- **Take mini breaks** - relax with deep breathing, a cup of tea, or a favorite song; even 5-10 minutes can help reset your energy.
- **Practice gratitude** - write down three things you're thankful for each day, this can shift focus to the positives and boost your mood.
- **Stay active** - squeeze in quick stretches, a 10-minute yoga session, or a brisk walk with your child; helps relieve stress and energize your body.
- **Indulge in little joys** - Treat yourself to something simple, like a favorite snack, a soothing bath, or an episode of your favourite show.
- **Set boundaries** - protect your time by saying "no" to unnecessary commitments and dedicating moments to yourself without guilt—it's essential for maintaining balance.

Challenges in Single-Parent Households

Challenge: Financial strain

- Single parents often shoulder the full financial burden of supporting a household, including expenses like housing, childcare, education, and healthcare, with only one income source.

Solution: Financial planning and support

- Create a detailed budget to track income and expenses. Explore financial aid programs, tax benefits, or community resources like food banks or subsidized childcare. Consider flexible or remote job opportunities to balance work and family responsibilities.

Challenge: Emotional stress

- Feelings of loneliness, guilt, or pressure to meet societal expectations, while also navigating their children's emotional needs and possible concerns about the family dynamic.

Solution: Emotional self-care

- Join single-parent support groups, either in-person or online, to share experiences and advice. Make time for personal interests or hobbies to recharge emotionally. Seek therapy or counseling if feelings of guilt, loneliness, or stress become overwhelming.

Challenge: Limited time and energy

- Managing work, household responsibilities, and parenting leaves little time for rest or personal pursuits, which can lead to exhaustion and burnout.

Solution: Time management and delegation

- Use scheduling tools or apps to organize tasks and prioritize essential activities. Delegate age-appropriate chores to children, which helps instill responsibility. Plan ahead for meals, school activities, and errands to reduce last-minute stress.

Challenge: Lack of support system

- Without a partner to share responsibilities, single parents might struggle to find reliable childcare, emotional support, or assistance during emergencies or busy times.

Solution: Build a support network:

- Lean on trusted friends, family members, or neighbors for childcare or emotional support. Establish connections with other single parents to exchange resources or help one another. Utilize community resources like parenting workshops or after-school programs.

Resources in Palm Beach County

- **211 Helpline:** A free and confidential service that connects individuals to local support services, including financial aid, childcare, mental health resources, and housing assistance.
- **The Healthy Mothers, Healthy Babies Coalition of Palm Beach County:** Support services for single parents, prenatal care, parenting classes, referrals to local resources such as childcare assistance, financial support, mental health and wellness needs.
- **The Lord's Place:** Housing assistance, case management, and supportive services for single parents, especially those experiencing homelessness.
- **The YWCA of Palm Beach County:** Support services including affordable housing, job training, financial literacy programs, and domestic violence support. They aim to empower women and families, helping them achieve stability and self-sufficiency.
- **National Alliance on Mental Illness (NAMI):** Caring for your mental health is so important. Many single parents benefit from seeking professional support through therapy or counseling to navigate stress, loneliness, or overwhelming emotions. If immediate support is needed, reach out to NAMI, 1-800-950-NAMI or the Crisis Text Line by texting HOME to 741741.

Get more resources at: www.centerforchildcounseling.org/awayofbeing

