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**BEING A SINGLE
parent is not
A LIFE FULL OF
STRUGGLES, BUT
a journey
FOR THE STRONG.**

– Meg Lowrey

Being A Single Parent

Marc H. Bornstein



Being A Single Parent:

Meeting the Challenges of Being a Single Parent! Allyson Kayleigh, 2010-04-01 Attention Don't Be Surprised If One Day Your Kid Calls You Mom And The Other Day Dad Is Being A Single Parent Harder Than You Ever Imagined Do You Think It Is Too Much To Raise A Kid All Alone And Often Feel Like Quitting Do You Worry Your Child May Miss On Some Pleasures Of Life If He Has Just One Parent Finally You Can Put All Your Worries To Rest You Can Now Instantly Learn Some Little Known But Highly Effective Tips For Successful Single Parenting Understand Your Role As A Single Mother father And Learn How To Give Your Child The Love Of Both Parents Single Handedly Parenting is a challenging task As a single parent how can you juggle work parenting and possibly college studies single handedly and still manage to be an ideal parent for your child Read the 82 page book *Meeting the Challenges of Being a Single Parent* to find out how Loaded with tips it can inspire empower and instruct you to successfully face the challenges of parenthood

Single Parenting Anthony Ekanem, 2016-07-27 It is fair to say that most people don't ever expect to become single parents And it is also safe to say that you are never really prepared for the role However according to U S census records there are more than 13.6 million single parents in the United States and the number continues to grow It is not just women who are now responsible for the task of raising children by themselves the number of single fathers is also increasing As a single parent you will be faced with a number of challenges Some may surprise you Others will be expected The more information you have the easier it will be to navigate these challenges and successfully transition into the role of a single parent This book is designed to help you navigate the transition successfully We will talk about the emotions you will probably feel how to find support and how to establish priorities and plan for success We will wrap it all up with a look at why being a single parent can be tremendously rewarding and how to maintain a positive outlook

[Single Mom Is Not A Disease](#) Precious Gloria, 2021-02-24 Believe it or not being a single mom is challenging Whether you are a teenager a thirty something entrepreneur a divorced mom of three or perhaps a high powered executive being a single mom comes with many troubles Supporting your kid all by yourself with a meager salary seems to be hopeless not to mention other expenses arising from household maintenance and other emergency expenses There is however a way to get out of this situation *Single Mom Is Not A Disease* will show you how not to let being a single mom run you ragged You will learn how not to allow single parenting affect you wrongly You will discover how to create time for yourself handle your finances deal with kids and other people around Here is a sneak peek of what you should expect when you buy the *Single Mom Is Not A Disease* book *Being A Single Mom The Day That Turned Your Lives Upside Down* *Creating A New Story* *Fixing Your Finance* *Life Hobbies for Single Moms* *Dating As A Single Mom* *Getting Through the Tunnel* *Dealing with Common Single Moms Primary Issues* *Top Questions About Being A Single Mom The 21st Century* *Single Mom To be in a situation where you've to play the role of both a mother and father all at an equivalent time isn't easy* Tons of single mothers can relate to how hard it's to travel through life being the only parent for your child Nonetheless

many successful single moms were ready to raise their children without having a partner on their side This is often not to suggest that it is better to let children grow in families where just one parent is present As a single mom you are a lovely citizenry You deserve to be happy and live stress free The Single Mom Is Not A Disease guide will help you experience a shift in your attitude and perspective then you ll confirm you usually have time for self care It is a necessity Do not hesitate to grab a copy of Single Mom Is Not A Disease today

50 Things to Know about Being a Single Mom: A Detailed Summary of What to Expect as You Embark on the Journey of Being a Single Mom Things to Know,Lorraine

Asige,2018-09-20 Are you a single mom Are you a potential single mom currently expecting your little bundle of joy Are you anxious about taking on the responsibility of being a single mom If you answered yes to any of these questions then this book is for you 50 things to know about being a single mom by Lorraine Asige offers a real life experience approach to single motherhood Most books on being a single mom tell you about single motherhood from an outsider

A Single Mother, a Few Perspectives... .. and Anyone Else That Is a Single Parent Mary Elizabeth Jones M a,Mary Elizabeth

Jones,2012-12-19 Are you looking for a single parent guide written by an author who understand and shares your experience Are you a single mother by choice Are you looking for single mother assistance or single mother help Would you like to learn about single motherhood Does it seem difficult being a single parent in general If you are able to answer yes to any of the above questions regarding single parenthood then A Single Mother A Few Perspectives And anyone else that is a Single Parent is the book for you This incredible self help book uses valuable strategies to assist single parents in maximizing their time energy and resources so they can make the most of their lives for themselves and their children An excellent parent

education manual Growing Up with a Single Parent Sara McLanahan,Gary D. Sandefur,2009-07-01 Nonwhite and white rich and poor born to an unwed mother or weathering divorce over half of all children in the current generation will live in a single parent family and these children simply will not fare as well as their peers who live with both parents This is the clear and urgent message of this powerful book Based on four national surveys and drawing on more than a decade of research Growing Up with a Single Parent sharply demonstrates the connection between family structure and a child s prospects for success What are the chances that the child of a single parent will graduate from high school go on to college find and keep a job Will she become a teenage mother Will he be out of school and out of work These are the questions the authors pursue across the spectrum of race gender and class Children whose parents live apart the authors find are twice as likely to drop out of high school as those in two parent families one and a half times as likely to be idle in young adulthood twice as likely to become single parents themselves This study shows how divorce particularly an attendant drop in income parental involvement and access to community resources diminishes children s chances for well being The authors provide answers to other practical questions that many single parents may ask Does the gender of the child or the custodial parent affect these outcomes Does having a stepparent a grandmother or a nonmarital partner in the household help or hurt Do children who

stay in the same community after divorce fare better Their data reveal that some of the advantages often associated with being white are really a function of family structure and that some of the advantages associated with having educated parents evaporate when those parents separate In a concluding chapter McLanahan and Sandefur offer clear recommendations for rethinking our current policies Single parents are here to stay and their worsening situation is tearing at the fabric of our society It is imperative the authors show that we shift more of the costs of raising children from mothers to fathers and from parents to society at large Likewise we must develop universal assistance programs that benefit low income two parent families as well as single mothers Startling in its findings and trenchant in its analysis Growing Up with a Single Parent will serve to inform both the personal decisions and governmental policies that affect our children s and our nation s future

The Smart & Easy Guide To Single Parenting Jasmine Williams,2013-10-22 Anyone who has a child knows that parenting is one of the hardest jobs there is Today s parent faces more struggles and pressures than ever before and more and more households are single parent households which make this already tough job even more of a challenge The Smart Easy Guide to Single Parenting provides an honest assessment of the societal changes in family structure the unique challenges that face single parents as well as how to better manage those challenges and reduce the stresses of raising a child on one s own At the outset the guide discusses the changing definition that the term single parent has seen over time What follows is the evolution of the increasing inclusiveness of the term At one point in time a single parent was one who s partner had left them or died consequently leaving them to manage the child rearing and provision of financial security on their own This definition has expanded and now includes the following populations Divorced parents Widows or widowers Parents who s spouses are overseas or otherwise not in the home for military service or work Young or unwed mothers Surrogates or single foster or adoptive parents The guide also describes how the concept of the family has evolved over time For many many years it was more common than not for extended families to live together This meant multiple generations under one roof Parents children grandparents aunts uncles and cousins living together was not at all out of the ordinary Over time this began to change and the nuclear family became the norm The nuclear family is what is often viewed as the traditional family with father mother and children all living under the same roof While to many this is still the ideal situation more and more parents are finding themselves having to manage child rearing on their own as single parents The Smart Easy Guide to Single Parenting discusses the risk factors that are often inherent for single parents and their children Both single parents AND their children are at greater risk for certain issues as a result of the added stress that managing this burden alone have on people s lives For the child risk factors of being raised by a single parent include Risk of neglect or abuse Risk of poverty Risk of poor diet and health Lack of role models or consistent authority figures Reduced academic abilities For the single parent risk factors include Excessive stress Financial strain Poor health and diet Increased change of chemical dependency Lack of interpersonal relationships Effective Strategies of Single Parents While the guide does touch on the

many risk factors and difficulties that single parents and their children face it does not by any means provide a grim outlook for all single parents and their children The guide provides a wealth of realistic relatable advice that can help the single parent Since financial security is one of the biggest problems facing single parents the guide places a good deal of emphasis on getting one's finances under control and creating a realistic budget For some there are many aspects of their finances that can be downsized for easier management Time is the other key problem facing most single parents The guide provides a number of key tips for better time management so as to allow the single parent to reduce their stress without faltering on their obligations as a parent and breadwinner While parenting is never easy being a single parent can be an incredibly daunting challenge In *The Smart Easy Guide to Single Parenting* we are shown how the concept of the family has evolved and how a single parent is defined The guide also touches on the unique challenges facing both the single parent and their child The guide also gives down to earth advice on how single parents can reduce their stress and make their situation as manageable as possible

Parenting for Single Mothers Jamie Tyler, 2015-03-18 Parent effectiveness training for mothers With the changing social dynamics in the society it is only natural to expect motherhood to progress and develop In today's world single moms are not only a common but also an encouraging phenomenon This allows single women the autonomy to create their own families On the flipside there is an overall lack of proper guidance on being a single mother which is frustrating and disappointing Single parenting can be tricky especially if you are not in it by choice If you have had a spouse or a partner who helped you with raising the kids but circumstances force you to do the job on your own then it can be frustrating and extremely demanding This is why *Parenting for Single Mothers Being a Good Mom and Raising Great Kids* is an ideal guide for single mothers Through this book you can learn the best possible emotional financial and social setting to bring up healthy and smart children You will learn How to be prepared as a single mother parent Being a great parent at every stage in your child's life How to deal with the issue of absent parent from your child children's life Tips suggestion for running yours household efficiently and within your budget Dealing with financial security and financial needs of your child children Introducing the new man in your life to your child children

Single Parenting Geary Reid, 2024-10-31 Many single parents struggle with raising a family on their own but with guidance they can learn how to overcome these difficulties and reach their full potential In *Single Parenting Causes Challenges and Continuity* Reverend Geary Reid not only discusses the causes and challenges of being a single parent but also offers practical strategies for raising a family without a partner balancing finances becoming a more present parent and developing mindfulness This compassionate guide sheds light on the difficulties most single parents face Society often stigmatizes single parents but Reid discusses the subject with grace and warmth assuring single parents they are neither contemptible nor alone Indeed despite time and financial constraints single parents can raise their children with love and tenderness Furthermore by finding a manageable work life balance single parents can and should make time for themselves Equipped with the right resources single parents can mitigate their

loneliness bolster their self esteem improve their parenting skills and prioritize quality time with their children Though being a single parent is challenging Reid's overall message is one of hope With intentional self determination single parents can live happy rewarding lives

Handbook of Parenting: Being and becoming a parent Marc H. Bornstein, 2002

Despite the fact that most people become parents and everyone who has ever lived has had parents parenting remains a mystifying subject about which almost everyone has opinions but about which few people agree Striking permutations on the theme of parenting are emerging single parenthood blended families lesbian and gay parents and teen versus fifties first time moms and dads Divided into four volumes the Handbook of Parenting is concerned with different types of parents basic characteristics of parenting forces that shape parenting problems faced by parents and the practical sides of parenting Contributors have worked in different ways toward understanding all of these diverse aspects of parenting and look to the most recent research and thinking in the field to shed light on many topics every parent has wondered about Because development is too subtle dynamic and intricate to admit that parental caregiving alone determines the course and outcome of ontogeny

Being a Single Parent André Bustanoby, James Ruark, 1985

How to Be a Happy Single Mother, an Inspirational Guide to Parenting Alone Orit Sutton, 2009-08

Practical advice uplifting poetry and inspirational quotes fill this wonderful little guide that will help single mothers cope with the emotional rollercoaster and sheer exhaustion of raising a child alone Drawing from personal experience the author shares the laughter heartaches failures and triumphs of being a single parent and offers much comfort and support to turn difficult situations into positive challenges Genuine and heartwarming *How to be a Happy Single Mother* encourages women to take control of their lives creating happiness for themselves and their children

Single Parenting Doesn't Have to Be Hard Renee Millares, 2018-09-07

Single Parenting Doesn't Have to be Hard I know it feels like it's always hard Raising children can feel rewarding but it seems to be the toughest job of all Raising kids can be challenging under any circumstances However raising kids alone can be even more difficult This book will show you it doesn't have to feel that way This book is for single parents who are having difficulties with the day to day grind of raising children alone This is for those single moms or dads who want to stop feeling overwhelmed anxious or depressed This is for those who are tired of hearing that single parenting is hard Inside this book you will find the single habit I developed that helped me feel that being a single mom is actually not that hard Don't wait Read this book and become that single parent whose days are always filled with nothing but joy and ease

[Going It Alone](#)

Michele Howe, 1999

When the reality of separation divorce or widowhood sinks in encountering life as a single mother can be an overwhelming experience Share in the stories of other single moms who have faced past hurts dealt with present fears and built a future of promise while they contended with life's everyday pressures Through the pages of this practical book Michele Howe offers sensitive compassionate advice for women who are confronting the challenge of being a single mom Be encouraged with God's help hope and healing are not only possible but promised Topics include Helping children cope

Strengthening family identity Raising a masculine son in a house of females Caring for children with special needs Creating balance in every area of life despite burdensome and exhausting situations Returning to the workforce Bonus feature Funstarts 201 Ideas for Enriching Family Fun Create special family times by trying some of these free and low cost creative activity ideas Great for all ages **Single Parenting - Becoming the Best Parent for Your Child!** Scott

Lopez,2010-02-26 Is Being A Single Parent Harder Than You Ever Imagined Do You Think It Is Too Much To Raise A Kid All Alone And Often Feel Like Quitting Do You Worry Your Child May Miss On Some Pleasures Of Life If He Has Just One Parent Finally You Can Put All Your Worries To Rest You Can Now Instantly Learn Some Little Known But Highly Effective Tips For Successful Single Parenting Understand Your Role As A Single Mother father And Learn How To Give Your Child The Love Of Both Parents Single Handedly *Surviving Single Parenthood* Paul Lane,Senior Lecturer in Archaeology Paul

Lane,2016-12-08 Are you struggling to raise a child by yourself Get the Information You Need to Survive Single Parenting and Raise Healthy Happy Children By checking out breakthrough strategies Are you raising one or more children on your own due to divorce or death of a partner Whatever the case may be raising children is difficult enough for a two parent household When it s a single parent household the situation is even more critical Most of us think nothing of hopping in the car to run to the market and leaving the kids with your husband or wife Just stop and think how difficult that could be as a single parent If you have an infant or a toddler even a quick trip to the grocery store is an event Add another pre schooler or grammar school sibling and before you know it your quick trip turns into something close to a safari There are some pretty frightening statistics surrounding single parents drawn from the 2007 census The number of single parents has grown significantly worldwide From 2001 to 2008 the numbers have increased by a whopping 11% Here in the United States there are around 13.6 million single parents raising 21.2 million kids representing 26% of all kids under 21 84% of custodial parents are mothers and 16% are fathers These figures indicate what most of us already know The people bearing the majority of the burden of raising children alone are the same people who make less money Women who work outside the home are no strangers to the concept of doing more and earning less That doesn t mean that single fathers have it so easy either Our hats should go off to any single parents who struggle to make ends meet especially in this horrible economy 3 Things Single Parents Need to Know 1 Psychological Effects on Children of Single Parents There are some children who suffer the emotional and mental th leading to incapacities and incompetence when they get older 2 Crime Rate Stats for Children of Single Parents It is not fair to say that children of single parents grow up to become criminals You have to understand the risks and provide support to prevent the growth 3 Financial Aid for Single Parents Being a single parent means all things are under your control However that does not necessarily include finances This can be less painful if you know that resources are available to help you and where to go to find them If anything you ve read strikes a cord with you it s important to know that all these problems if not eliminated can be helped And you can get that help right now today We have

just the information you need in our guide entitled *Surviving Single Parenthood And The Great Thing Is You don t need any special education or technique to read it It s written in plain English It doesn t require much time to get to know your subject You can start applying what you learn as soon as you ve read the guide Cost is minimal Since the whole purpose is to help single parents in all areas of their lives we ve kept the cost very low Take a peek inside and you will find out everything you need to know about Child Support and Single Parents Financial Challenges of Single Parents Educational Assistance Stress Dating Single Parenting Tips for Mothers Single Parenting Tips for Fathers Home Buying Programs for Single Parents And much more Tag single parent adoption single parent baby memory book single parent book single parent kindle book single parent survival single parenting single parenting books single parenting that works*

Surviving and Thriving on the Single-Parent Journey Kathlene Seney-Williams,2019-08-23 Insightful honest and very down to earth I so wish there had been a book like this when I was a single dad Steve Legg editor Sorted magazine This is a book that comes alongside the reader as a travel guide and walks through the journey via a step by step approach Walking the Single Parent Journey offers the reader a chance for self discovery of coming to terms with the pains and effects of the past in order to boldly face the challenges that lie ahead The book discusses the everyday struggles and issues that single parents face whilst offering advice and tips on managing and dealing with them successfully The author encourages the reader to create systems and put strategies in place to help make life easier drawing on her own experiences

Overcoming Single Parent Obstacles Carrienne Hilliard,2021-01-06 From one parent to another this book will Help parents who feel like they were never good enough to being the great parent you are today Help parents who had interruptions in your plans or no plans at all Help you plan a great future for you and your baby Change your parenting views with encouragement and empowering thoughts of overcoming your single parent obstacles Empower parents with helping their children succeed in open communication Encourage a safe place for parents to think outside the box and reach out for help when needed

How to Be a Happy Single Parent Zoe Desmond,Rebecca Cox,2023-09-28 Your guide to building a life that s full of joy as a single parent Through her own experience of becoming a single parent and in her work founding the leading single parent app Frolo Zo Desmond heard the same questions over and over again and found that while backgrounds and family setups may vary single parents everywhere share many of the same concerns The community she founded has helped thousands of people find a way to not just survive but thrive and this book will do the same for you How to Be a Happy Single Parent will help you build a life that is right for you and your children From surviving the first few weeks to moving on through legal matters co parenting negotiations or finding a helping hand as a solo parent and into dating and navigating work this book will take you step by step through the first few days weeks months and years of your new life This book is for all single parents the co parents the widow ers the solo mums and dads by choice the solo adopters and the would be single parents It is the book people will pick up when they think How am I going to do this And the book you ll hand your best friend when they say I need to leave but I

don't know how It is the book that will give you hope and practical guidance when you're feeling overwhelmed by the enormity of what you are navigating Tackle the overwhelm and hurdles of single parenthood head on and give yourself permission to imagine a life that looks different to the one you thought you'd have and happier than you'd ever thought possible **Handbook of Parenting** Marc H. Bornstein, 2005-02-16 Please see Volume I for a full description and table of contents for all four volumes

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