

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Surviving As A Single Parent: Seven Suggestions To Make Your Life Easier

By Danielle Hollister

Surviving As A Single Parent: Seven Suggestions To Make Your Life Easier by Danielle

Hollister

*Please send me a copy of the ezine edition or the URL of the website where you publish my article.

*You may use this article if you include the ENTIRE resource box that follows the article.

1 – Forgive even if you will never be able to Forget.

Let go of grudges you may hold against your child's other parent, who is absent from BOTH of your lives. Holding onto feelings of anger will not change your situation and will probably consume a great deal of your energy – energy you need to devote to creating a positive environment for your child.

If you dwell on your disappointment with and/or dislike of the father or mother of your child – chances are your child will sense your feelings and suffer in some way from your negative attitude.

2 – Make the most of everything you have.

Even if you do not have a lot of money, you do have your child and your love and your time to give to him or her. Try to remember that monetary wealth and material possessions are not the most important items in your child's life.

Your love, support and time together mean much more to them. You can have fun for free.

Activities like – going for a walk or a bike ride, playing at the park, coloring, painting, singing, or dancing – will thrill your child just as much as spending money to go to an amusement park, an arcade or a toy store.

3 – Be the best parent you can possibly be.

Give as much as you can without setting goals that are unrealistic for one parent to achieve.

Surviving As A Single Parent: Seven Suggestions To Make Your Life Easier

Don't beat yourself up for what cannot be. Do recognize what you can do to create a good life for your child to the best of your abilities.

4 – Develop a network of reliable resources.

Families are not biological.

Surround yourself and your child

with friends you know and trust – people who care about both of you. "Aunts" and "Uncles" and even "Grandparents," who are not

blood-related can be just as beneficial to your child as actual biological family members.

The "family" you create for your child

can provide him or her with the same kind of love and support as a traditional family. They can also help you with your responsibilities as a single parent.

Let them play an active role in your child's life. Learn to turn to your "family" when you need a break.

Nobody should have to go it alone and you will probably be able to be a better parent by relying on your

"family" of close friends to support you and your child.

5 – Take responsibility for your life today.

Remember whatever lead you to where you are today, you are responsible for another life – the innocent life of a child, who did not ask to be born.

Your child is not responsible for the

experiences or events that made you become a single parent.

Your child is completely dependent upon you through no choice of their own. Don't let them down or hold them accountable for your actions (or the actions of their absent parent).

They are powerless and vulnerable to the possibly less-than-ideal

consequences they face as the child of a single parent. Your role and influence in their life is paramount to their chances of becoming a happy, productive, successful adult.

They need you more than their words will ever tell.

6 – Set up daily rituals and regular routines.

Your child needs stability and security. One way to provide this is by developing a daily routine.

Simple things like – going to the park every Sunday afternoon, eating dinner together each night, sharing a treat before nap time or reading a book together before bed every night, will become activities that your child

looks forward to and can count on to occur with regularity.

7 – Be consistent and dependable.

Create realistic rules and a standard of discipline that you stick to all the time. If you're consistent with your child, he or she will learn what is acceptable behavior and what is not.

They will also learn what you expect from them and what they can expect from you.

If you're dependable, they will know that they can always count on you to help them with their homework, be

there for dinner or tuck them in bed at night.

Surviving As A Single Parent: Seven Suggestions To Make Your Life Easier

They have to be able to depend on you. You're the most important person in their life. Try to remember that no matter how tired you are at the end of the day or how frustrated you may become when they're fussy – They need you to be there for them. You should cherish every moment with your child – they are the best blessings on earth.

Resource Box – © Danielle Hollister (2003)

Danielle Hollister is
the Writing Host at BellaOnline
<http://www.bellaonline.com/site/writing>

and BellaOnline's Writing Zine Publisher
www.bellaonline.com/articles/art157.asp

to subscribe visit the URL above or send a blank email to:
bellaonlinewriting-subscribe@yahoogroups.com

Danielle Hollister is a professional freelance writer/editor/researcher with more than ten years of experience working for websites, newspapers, public relations firms, and private companies. She has been the Writing Host at BellaOnline since the site was launched three years ago at: <http://www.bellaonline.com/site/writing> She also created and continues to publish BellaOnline's Free Writing Zine at: www.bellaonline.com/articles/art157.asp

My Single Parent – My Savior

By Nicole Brekelbaum

My Single Parent – My Savior by Nicole Brekelbaum

A Child's Thank You Note to a Single Parent

Memories abound and happiness ignites as I recount my early childhood experiences being surrounded by my mother's love. She had done a lot for us with just a little. With three children to feed, educate, and cloth, it was a struggle beyond any. She persisted, kept faith, and did her share. Now years later, a mom myself and married to a supportive spouse, I find it difficult not to compare my life to that of my single parent mom. How lost she must of felt with no spouse to share parental responsibility. How anxious she must have been as we cried and struggled to stay with her at daycare drop-off. I find it hard to comprehend the complexities of emotions she must have experienced. This is my tribute, a short note of thanks, to a special person who has helped mold me into the secure adult I am today.

Thank you mummy for being there,
Your love and devotion show you care.
Your own approach and take on life,
Treasured by us who've seen your strife.

You've given us the only security we know,
And cared for us despite a low cash flow.
Our hearts leap as we think of you,
And our hope in life become anew.

by Nicole Brekelbaum



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!