

Strategies for the Single Parent

As a single parent it's common to feel overwhelmed sometimes. No matter how you came to be a single parent, you're not alone on this journey. You'll find your rhythm in single parenting and be OK!

- Surround yourself with people you trust and can lean on for support. Don't be afraid to ask them for help when you need it.
- Take time to do meaningful and fun activities with your children on a regular basis by reading books, playing games, or letting them help you cook dinner.
- Self-care is essential when you are a parent. It may seem like a luxury, but taking care of yourself is something every parent needs to find time to do.



September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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