

Six Steps to Surviving Single Parenting



VALERIE MAGNESS

Surviving Single Parenting

Jeannie Freis



Surviving Single Parenting:

Surviving Single Parenting Dawn Isenhardt, 2000-11-14 With the growing number of single parents each year Dawn Isenhardt provides insight into the world of raising a child on your own Whether you are a single mother or single father the basic principles of this book will offer inspiration wisdom and courage which applies to all single parents In *Surviving Single Parenting* you will follow a path that will show you how to strengthen yourself deal with your emotions be aware of your child's feelings structure your life as a single parent survive the difficult times show gratitude for your blessings learn how to make your child and yourself the best you can be *The Single Mom's Workplace Survival Guide* Brenda Armstrong, 2002 Every Mom is a Working Mom But never before have circumstances forced so many moms to raise their children single handedly which usually includes holding down a paying job in addition to taking care of the home and kids Book jacket *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 toll 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

Six Steps to Surviving Single Parenting Valerie Magness,2010-10-08 The hardest job a person can ever have is parenting Especially if you are a single parent Constantly working and never sleeping No matter how tired you are the kids are always hungry and the dishes and laundry never go away It seems like you will never get your turn Don t even think of taking a shower by yourself Have to go to the bathroom I don t think so I want to share my story with you I want all the single parents to know this is possible I am a survivor and I want to help you too become a survivor

Single Mom Survival Guide: How to Raise Kids, Keep Your Sanity, and Thrive Alone (From One Mom to Another) Luisa Lorek,2025-08-02 The Single Mom Survival Guide Real Answers Real Support Real Hope Are you a single mom feeling overwhelmed exhausted and unsure how to do it all on your own You are not alone and this book is here to help The Single Mom Survival Guide is a practical compassionate roadmap designed specifically for single mothers navigating the unique challenges of solo parenting Whether you re newly separated divorced or have been parenting alone for years this guide offers clear supportive and expert backed advice to help you thrive not just survive Inside this empowering guide for single moms you ll discover how to Prevent burnout and reduce stress Learn simple science based strategies to manage your mental load avoid overwhelm and stay grounded in the chaos Build unshakable confidence Shift from I m not enough to I ve got this with mindset tools and real life wisdom from moms who ve been there Create a stable loving home for your child Find effective discipline tips daily routines and emotional connection tools tailored to single parent households Prioritize self

care without guilt Discover quick recharge strategies you can actually use even when time is short and life is messy What makes this book different Every chapter tackles one of the top 10 questions real single moms ask with two powerful perspectives One from a fellow single mom who's been through it all One from a licensed child psychologist giving you both personal insight and professional guidance This unique two voice approach is a first of its kind concept in single parenting books offering you relatable support and expert backed advice in one place You'll also learn How to parent alone without burning out yes even on cereal for dinner nights How to cope with single mom guilt loneliness and financial pressure The 1 discipline mistake solo parents make and what to do instead How to feel more in control even when life feels like too much Who this book is for Newly single moms navigating the early days after divorce or separation Long time solo moms looking for fresh ideas and renewed energy Any single mother who's ever thought I just can't do this on my own If you're searching for an honest heartfelt and practical guide that truly understands the challenges of solo motherhood The Single Mom Survival Guide is your lifeline You can do this And you don't have to do it alone **The Single Mother's Survival Guide** Patrice Karst,2000 In this engaging journey of self discovery Karst a single mother shares her practical yet witty advice with single moms everywhere **A Single Moms Survival Guide** Maureen a. Brundage,2015-11-30 My Life as a Single Mom tells author Maureen Brundage's story of how she became a single mother of four when her husband decided to unexpectedly leave her and how she coped with raising her children alone as a single parent Her story demonstrates God's miracles in forgiveness blessings and giving A book about choosing to forgive no matter what happens A book demonstrating the strength of the Lord for a single parent One of the criteria for choosing to forgive is looking into it every chance we get Becoming a single parent was a lesson in trusting God for everything If we put God first He will provide God is faithful Do we need to forgive God when God is perfect The fruit of forgiveness is sweet **Surviving Single Parenthood** Jeannie Freis,2022-03-17 Parenting is like a jungle safari a journey into unpredictable unexpected sometimes crazy and definitely messy territory Throughout **Surviving Single Parenthood** author Jeannie Freis shares her own journey through a combination of anecdotal tales survival tips and tricks acquired along the way This book is for those at any stage of the parenting journey looking to streamline and simplify the chaos After reading this book you will learn resilience creativity and resourcefulness while transforming your journey from merely surviving to thriving This is a must read for everyone who is embarking on the journey of parenthood especially those who are leading single parent households **The Single Parent's Survival Guide** Avery Nightingale,2024-07-01 In **The Single Parent's Survival Guide** Managing Life's Challenges Alone Avery Nightingale offers a heartfelt and practical resource for single parents navigating the complexities of raising children solo With over 500 000 children being raised by grandparents the need for support and understanding is more pressing than ever Nightingale reassures readers that they are not alone providing a roadmap for managing the myriad challenges of single parenthood From the humorous moments to the heartfelt joys this book offers a down home no nonsense approach to parenting Delving

into the rise of single parent households and the societal shifts that have contributed to this phenomenon Nightingale offers encouragement and guidance for building positive and constructive lives for both parent and child With a wealth of support available single parents can find comfort in knowing they have many hands to help balance the demands of parenthood The Single Parent s Survival Guide is an essential companion for anyone embarking on the journey of single parenthood *The A-Z of Survival Strategies for Therapeutic Parents* Sarah Naish,2022-05-19 This book is your hot flask of tea or coffee and a cosy blanket which will keep you warm safe and well on your journey ensuring you reach the other side mentally and physically well So you want to help your child by therapeutic parenting but how are YOU This easy to follow dip in dip out resource addresses common challenges and feelings experienced by therapeutic parents and offers 80 practical strategies to help you cope and survive Bestselling parenting author Sarah Naish writes with humour and compassion sharing her personal and professional experiences covering all of the essentials self maintenance coping with isolation and rejection scheduling holidays and of course the therapeutic importance of cake Think you don t have the time or inclination for a bit of self care This book will save time save energy and help solve your problems a must have for all therapeutic parents

Single Mom Survival Guide: How to Handle Everything Alone Without Burning Out Luisa Lorek,2025-07-30 Are you a single mom feeling overwhelmed exhausted and stretched too thin You re not alone Parenting solo is one of the toughest jobs in the world but you can find balance confidence and even joy in the journey This single mom survival guide is your roadmap to Reduce stress avoid burnout Learn simple science backed ways to manage the mental load of solo parenting without losing yourself Rebuild confidence Shift from I can t do this to I ve got this with powerful mindset tools Create stability for your child Discover routines discipline strategies and emotional connection tips that work for single parent households Find time for yourself guilt free Because you can t pour from an empty cup Packed with real single mom stories therapist approved advice and bite sized self care strategies this book is like a supportive friend who gets it You ll learn How to handle parenting alone without burning out even on cereal for dinner nights Ways to cope with loneliness guilt and financial stress as a single mother The 1 mistake solo parents make with discipline and how to fix it Quick 5 minute recharge tricks for when you re running on fumes Perfect for Newly single moms navigating divorce or separation Long time solo parents needing fresh strategies Any single mother who s ever thought I can t do this alone *The Single Parent Survival Guide* Shante F. Green,2017-02-28 After a messy divorce ordained preacher and author Shante F Green found herself spiraling into a lifestyle of resentment and lust After hitting rock bottom she realized that she needed Christ above all to redeem her divorcee status and give her new life But all she had been taught on being a divorced Christian was to resist sexual sin and to keep busy as a newly single woman She saw a deep need for biblical instruction on how to navigate the unique difficulties of divorced life in a God honoring and faithful way In her latest book Shante provides just that to others in similar circumstances offering a message of hope that will lift readers out of the emotional state of depression guilt rejection and rage that divorce can cause

The Single Parent Survival Guide helps by identifying emotional issues that perpetuate dysfunctional cycles revealing lust and lies that seek to infiltrate and destroy homes giving practical advice in dealing with your children's other parent and offering parenting tips that will foster a healthy emotional environment for you and your children Join Shante in The Single Parent Survival Guide and go from simply surviving to living freely in Christ after marriage Shante F Green is an ordained Minister and Psalmist whose passion is leading God's people into His presence through worship prophesying and preaching Her most meaningful honor is being Imani and Khalid's mom With that being said her desire is to leave a legacy of faith for the youth and young at heart through creative writing and Christian Film making To that end she created Sci Fi Soul Her vision is to redefine cultural standards through positive powerful imagery

Single Parenting-How to Survive and Thrive! Jaclyn Graham,2010-02-01 No one said single parenting was easy And while there are many therapists counselors and resources available to give you advice what chance are these resources experienced in single parenting The answer is most likely slim to none There are answers galore out there in the world but if the counselor or therapist is married and drives home to their life with a spouse help run the household and raise the children how valuable is their advice to you I challenge your thinking on this Unless someone has single parented alone for some years the only advice you will get will be rooted in surveys tests and book knowledge This book is for those considering single parenting and those who already are It contains hands on practical experience to help you live day by day as a single parent It offers you encouragement from a single parent who is actually single parenting and has done so for many years There is much to learn but I guarantee you will walk away from this book with encouragement and the ability to create the life you want for you and your children

The Secrets to Single Parenting Success in the 21st Century J. D. Dean,2010-07-12 You'll learn how to become a single parenting superstar with this guide You're about to learn the single parenting secrets to overcome any major challenge that comes along no matter how much time you've had to prepare It doesn't matter if you've never experienced single parenting up close and personal this guide will tell you everything you need to know to be a single parenting superstar The Secrets To Single Parenting Success In The 21st Century covers everything there is to know about single parenting In fact some people have called it the Single Parenting Manual It's like having your very own parenting expert that you can reference and ask questions anytime that you need to You'll uncover a wide array of tips including interesting facts that made them what they are today You're going to discover so many things on how to become a better single parent with little effort Not only will you learn how to settle in as individuals and a new family but you'll also learn extra bonus tips to actually teach people Here's what else you'll discover The Top 20 Rules You Must Observe To Survive As A Single Parent How to solve behavioral problems and encourage confidence Learn how to make everyday count and make a difference Learn how to see things from the child's point of view Discover a new path and survival plan for single parents Discover the major challenges you need to overcome when you are a single parent Learn how to help children cope with the situation of your new role Discover how to

break the old habits and get on with the new **Surviving Singleness** Dr. Shirley P. Auguste, 2020-09-30 Dr Auguste is an internationally known speaker and author She is the mother of two amazing young adults motivational speaker educator and author Despite the challenges presented as a single mother she was able to overcome life's challenges by acquiring all of her degrees and become a published author She is a firm believer that no matter the challenges you face you can overcome and become whatever you choose **101 Little Instructions for Surviving Your Divorce** Barbara J. Walton-Mountjoy, Barbara J. Walton, 1999-08 In this fact filled one step at a time guide to the divorce process holds the reader's hand through the maze mystery and mire of divorce attorneys court procedures custody mental health issues child support property settlement and more Each brief and incisive instruction offers hope encouragement and authoritative guidance from a practicing attorney who has been there with her clients again and again An essential real time companion for those going through the divorce process 120 pages *The Parent Survival Guide* Theresa Kellam, 2011-02-14 When parents turn to the parenting self help section of their local bookstore they are looking for both practical guidance and a childrearing philosophy that resonates with them an approach they can relate to and be comfortable implementing in their own household In *The Parent Survival Guide* From Chaos to Harmony in Ten Weeks or Less Theresa Kellam presents a way to strengthen the relationship with the child that simultaneously promotes the parent's own emotional healing and wellness Grounded in a research supported therapeutic technique that uses structured play time as the catalyst for interpersonal connection and growth Kellam's model is subtle in its simplicity Through a series of guided exercises Kellam gives parents the skills they need to begin to set aside special playtimes with their children during which the most important part of the process is simply being there in a way that promotes healing growth and communication The beauty of this approach is that in only 30 minutes once a week the results can be seen in only a few weeks Features of the book include Parent Survival Tip at the start of each chapter Original cartoon illustrations bring text to life Short but insightful worksheet questions bring focus to the program *The Parent Survival Guide* is structured over a series of 10 chapters which can be read in conjunction with the 10 sessions of the CPRT workshops for those parents enrolled in a formal filial training program But the material in the book is designed to be read and implemented by anyone The author is not only a licensed psychologist and filial therapist but she has also gone through the program with her own son and continues to rely on its principles within her family **Survival Strategies for Parenting Children with Bipolar Disorder** George T. Lynn, 2000 Lynn offers clear practical advice on recognizing the symptoms understanding medication and accessing the necessary support at school as well as the managing the day to day challenges of parenting a child with Bipolar Disorder His book will provide guidance and support for parents and carers as well as being a useful resource for professionals Surviving as a Single Parent M. Anne Sommers, 2008-03 When I found myself divorced with two small boys to raise I felt like cotton candy in the wind Sweet but completely at the mercy of my circumstances Night after night I would pick up the boys at the sitters then drive us home to our tiny apartment On one freezing cold winter night

a light snow began to fall as I drove As if on cue the drivers side window sought refuge from the cold by slipping deep into the car door where it remained Fine ice particles filtered through the open window As we traveled home I began to look like a powdered donut After several minutes the boy s cries concerning their freezing hands faded Silence enveloped the car Without warning my older brother who apparently spotted my predicament began to laugh Spontaneously his brother and I joined in From that night forward I called on my old friend my best friend in fact my sense of humor Every misadventure was documented as well as some of my new skills such as cooking delicious meals with corn flakes as the primary player I survived and so will you In retrospect it was the best of times

The Enigmatic Realm of **Surviving Single Parenting**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Surviving Single Parenting** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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Surviving Single Parenting Introduction

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