

# Six Steps to Surviving Single Parenting



VALERIE MAGNESS

# Surviving Single Parenting

**Jeannette Johnson**



## **Surviving Single Parenting:**

**Surviving Single Parenting** Dawn Isenhart,2000-11-14 With the growing number of single parents each year Dawn Isenhart provides insight into the world of raising a child on your own Whether your 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 [Single Mom Survival Guide](#) Luisa Lorek,2025-07-29 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 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 **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'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 *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

***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 *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 **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 [The Single Mum's Survival Guide](#) Vivienne Smith,2014-04-01 Covers every facet of life from making the divorce decision to breaking the news to your kids to successful co parenting to moving on Rosalind Sedacca CDC founder Child Centered Divorce Network You can build a happy new life Are you a stressed out single mum juggling childcare work and home and struggling to cope with all the emotional and practical demands on you You re not alone The Single Mum s Survival Guide is packed with words of inspiration comfort wisdom and experience from a host of real life single mums and expert professionals to make life easier help you on your way and put your mind at rest with answers to questions such as How do I tell the kids How do I get over this split and move on Why is my child behaving like this and what should I do about it How will I feel when my kids meet his new girlfriend How do I deal with all the legal stuff How can I manage on this little money How can I have more energy when I m so tired all the time Is it OK to ask for help and who can I ask Can I ever forgive my ex Can I really be single and happy When is it time to start dating again and how will I know if he s Mr Right Fully packed with wonderful advice witty not afraid to tackle the difficult stuff but very funny at the same time A must read for all the single mums out there Florence Parot author of *The Sophrology Method* **Survival of a Single Mom** Catherine Green,2009-02-01 The Lord won t give me more than I could handle says mom and author Catherine Green She takes us along for a roller coaster ride through her life as a single mom and hangs on for dear life with her two kids at her side as they go through the highs and lows the happiness and sadness the struggles and fears and the laughter and tears that go along with the amazing job of being a mom This relatable and true story reassures single mothers that they re not alone in their

journey issues such as playing the role of mom and dad money or lack of it divorce work asking for and accepting help dealing with emergencies dating and the sheer panic of being the sole parental caregiver and provider are all discussed in this single mom s journey of survival

**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 locking 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

**Parenting For Dummies** Sandra Hardin Gookin,Dan Gookin,2011-05-09 Written by parents for parents We humans are pretty clever We ve mastered fire invented the wheel calculated the age of the Universe sent people to the Moon built machines that think and cracked the genome So you d think that with all our smarts somebody would ve come up with a surefire formula for raising kids Maybe that s because every child like every parent is an individual and no two parent child relationships are ever the same So you can give up any notions of being a perfect parent But you can learn to keep the big mistakes to a minimum and make the parenting enterprise easier and more rewarding for your children and you Which is where this book comes in Whether you re child is a newborn a teen or somewhere in between Parenting For Dummies gives you the scoop on parenting basics From dealing with a crying baby and potty training to building self esteem and talking with them about sex it offers a gold mine of up to date advice and guidance on how to Learn to communicate with your kids Develop a good relationship with your kids Keep your kids safe and healthy Help your kids grow up to be good people Keep your cool and control their behavior Discipline constructively and with a minimum of stress Build self esteem in your children Avoid committing the parenting sins your parents taught you Experts Sandy and Dan Gookin she s the parenting expert for Parents Magazine and Working Mother Magazine and he s a father of four avoid the psychological hype and medical terminology and give you the straight poop on all aspects of child rearing including Speaking and listening to kids The importance of being consistent Keeping a sense of humor Dealing with babies Childhood growth and development Health and nutrition Kids changing physical needs Developing a good person Parenting For Dummies gives you the know how and skills you need to be the parent of healthy happy kids

**A Single Parent's Survival Guide** Robert G. Barnes, Jr.,1987-07 Extraordinary Parent Nina Carter,Robin Williams Tameshia Williams,Nathan Runda,2013-03-27 The pressures of life and challenges of solo parenting can rob you of your peace of mind This book comes from the desire to connect wih other parents who want their peace back It is a progressing story of struggle and triumph to encourage other single parents to become extraordinary at what we do This book gives the opportunity for you to express how you feel and identify improvements that will enhance your daily journey It allows you to set aside time to

read and journal for thirty days implementing each mission as the next day's task The essence of this book addresses the overwhelming day to day responsibilities that are suppressed in order to function as a successful parent Back cover

**The Single Dad's Survival Guide** Michael A. Klumpp, 2010-12-15 You May Be Single But You're Not Alone Being a great dad is challenging enough when you're part of a two person team But now you're raising your kids single handedly How can you provide the emotional physical and spiritual support your children need cover all the details of running a household and still earn a living to support your family Being a solo dad could easily be the toughest job of your life The good news is you're not alone Inside this book you'll find the support advice and encouragement you need to succeed Here are practical solutions for everything you're facing from conflicting emotions to day to day time management You'll find useful pointers on a daughter's unique needs a son's inner struggles and even how to recruit trusted friends to pitch in With plenty of humor and real world insight *The Single Dad's Survival Guide* will show you how to expand on your natural built in abilities so you can come out on top as a parenting team of one Find logistical help on everyday challenges including finances family schedules household management and staying on top of your work Take advantage of practical guidance on everything from supporting and nurturing your kids to protecting your own emotional health Learn how to get past anger hurt and fatigue to stand strong as the man your children need most a man who provides security stability and spiritual guidance during one of the toughest times in their life It's all here to help you succeed as a solo dad Single parenting takes everything you've got so learn how to give it your all

**Single Parenting** Alisha Correa, 2023 Author Alisha Correa provides a heartening practical and empowering survival guide for single parents in today's complex world drawing from her personal experiences and professional expertise Correa empowers single parents to recognize and harness their strengths encouraging them to grow personally while fostering resilience in their children

*Single Mom Survival Guide* Luisa Lorek, 2025-08-06 Answers to the Top 10 Questions Every Solo Mom Asks Single Mom Parenting Tips Are you doing it all on your own and wondering if you're doing it right You're not alone and you don't have to figure it out alone either This empowering guide gives single moms real answers to the 10 most common parenting questions combining practical strategies with emotional support Whether you're newly single or have been flying solo for years this book meets you where you are with compassion clarity and confidence You'll discover how to Prevent burnout and manage stress Set boundaries and build routines Discipline with love and confidence Strengthen your bond with your child Handle guilt overwhelm and self doubt and much more Each chapter tackles one key question real single moms ask with honest advice from a fellow single mom and expert insights from a child psychologist If you're looking for a realistic relatable and research backed guide to help you navigate solo parenting with strength and love this book is your lifeline

**Survival Tips for a Single Parent** Jeannette Johnson, 1988

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### **Surviving Single Parenting Introduction**

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