The Successful Single Parent

Overview/Description
As the sole parent in your household, you are faced with extra challenges in raising your child. Finding the time and the energy to be a full-time parent and home and income provider without the regular help of a partner will require a special commitment. This workshop will provide tips and suggestions to those parents who are juggling their family obligations single handedly.

Target Audience
Anyone with the sole responsibility for raising a child

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

Identify the myth of the “perfect parent”
› Describe the three paths to single parenting and the unique concerns of each
› Describe how single parenting may impact a child’s development

Identify your parenting style
› Describe what affects your particular style
› Identify positive communication skill and conflict resolution techniques
› Identify tips that make parenting easier

Identify a plan for life management as a single parent
› Describe how financial, social, occupational and personal factors are represented in your plan
› Identify resources available to you