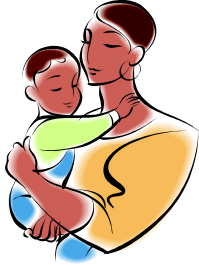


Single Parents Raise Good Kids, Too!

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Raleigh Employee Assistance Program, Inc.

Eight Single Parenting TIPS



1 - Stop feeling guilty:

28 million children in the US live with one parent.

Life is too short to feel guilty about the things you can't control.

2 - Establish firm, clear boundaries that leave no doubt you are the boss!

3 - Establish schedules and predictable routines: This will create a feeling of stability and security in the home that children require.

4 - Take care of yourself: Exercise, make or find time for yourself. Do one nice thing a week, just for yourself!

5 - Develop a reliable support system: If you don't have family nearby, find a good baby-sitter or start a baby-sitting co-op in your neighborhood.



6 - Do not treat your child as a peer: Allow children to be children and find other adults to use as an outlet or for support.

7 - Be patient with your kids: If you feel you are losing control use your support system. Call (909) 621-6184 Parents Anonymous for a local support group or log onto www.parentsanonymous-natl.org. You may also contact REAP to schedule a parent "coaching" phone consultation or personal session.



8 - Have realistic expectations:

Just do your best –
no one receives an instruction manual!