

h. Single Parenting

MODULE 8

Whether you are a single parent by choice or by chance, you are not alone.

Adjusting to parenthood, finding a balance between work and home, managing money, and finding time for yourself are issues all mothers face. They can be even more difficult when you are on your own.

All the advice for new mothers applies to you, but even more so. Single mothers must take care of themselves, establish a good support network, and be realistic about what they can do.

Inquire about the resources and community services available to you. Talk to a public health nurse, or visit your nearest Community Health Centre or Community Resource Centre.

