



50 Wonderful Ways to Be a Single-Parent Family

Barry G. Ginsberg, Roberta Israeloff

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In the last 20 years, single-parent families have become more common than their so-called "nuclear" counterparts. These families share the challenge of being under a lot of stress, and single parents often report feeling a lack of confidence at being "parent enough" to keep the family members connected and content within their family structure. This book offers 50 simple and straightforward tips that will enable single parents to feel good about the benefits their family situation provides the children. Easy-to-use techniques include talking with children about sharing decisions, developing family rituals and traditions, listening to children of different ages, balancing the pressures of work and home, making the family a team, making time to play, discovering common ground, negotiating, and establishing boundaries. By focusing on the positive, readers learn to embrace their role as a single parent and their entire family as a complete unit. This confidence helps them raise their children to be strong, optimistic, and enthusiastic about life, and improves the children's chances of having strong self-esteem and the ability to sustain healthy relationships.

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