

ways to cope *continued*

SINGLE-PARENT NETWORKING.

Combine resources, skills and services such as cooking, babysitting and financial or legal advice.

DEBT, CREDIT OR FINANCIAL COUNSELING. Examine your financial status with the help of an expert, and establish a realistic financial plan.

TIME MANAGEMENT. Seek advice on dividing your time effectively between personal, family, work and relaxation/recreation time.

FAMILY COUNSELING. Help your children cope with their own stresses and involve them in family problem solving.

PERSONAL COUNSELING. Give yourself the opportunity to gain new perspectives and learn new ways of solving your problems.

turn negatives into positives

By discovering how others cope, you can find ideas for yourself. You can turn negatives into positives for you and your children.

Help is available

Aspirus Employee Assistance Services has counselors available to help you and your family. You can call the confidential helpline 24 hours a day at:

715.848.4357 ~ 800.236.4457
TDD# 715.845.4928

Remember,
Aspirus Employee
Assistance Services
is confidential.



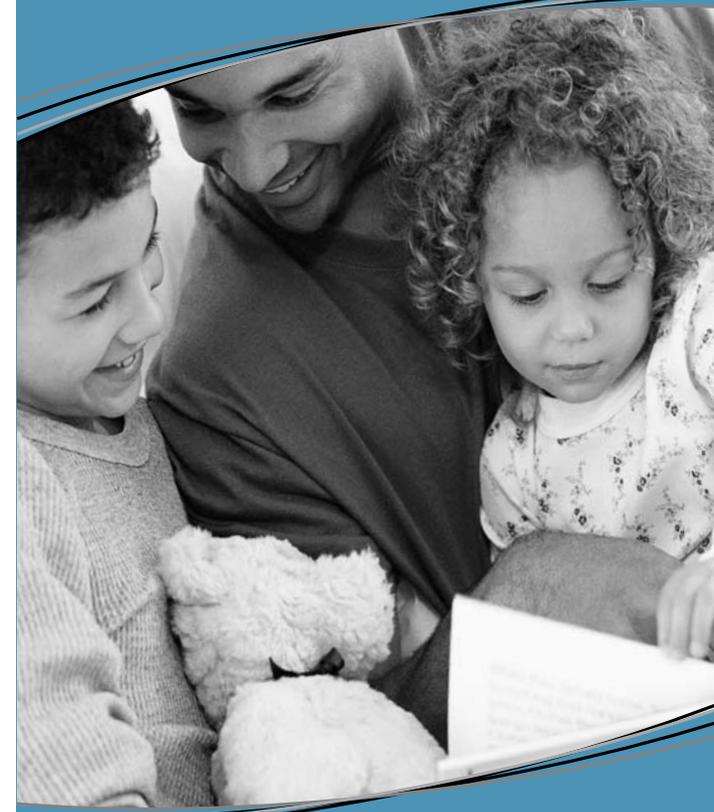
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The Single Parent Family



coping strategies



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the single parent family

It has been estimated that one in every four parents raises a child alone. Of these single parents, 90% are women. Single-parent families usually result from divorce (three out of five cases), death of a spouse, forced separation (military service, incarceration), or sometimes abandonment. Very few single-parent homes are the result of voluntary choice on the part of the parents. As a single parent, your life will sometimes seem out of control and overwhelming. Remember however, that you are not alone. There are approximately six million others in much the same situation.

the benefits

As a single parent, you have a special opportunity to meet important challenges which can enhance your self-confidence and self-image. Single parenting can be joyful and rewarding if an extra measure of patience, understanding and cooperation is exercised. Meeting the challenges can make you strong and adaptable and can encourage a special sense of independence and confidence.

Children in a single-parent home also may have special opportunities to grow both emotionally and socially from a wider contact with other adults and children. Visiting the absent parent can further enrich a child to travel, explore new communities or neighborhoods and meet new friends.

the pressures

Identifying and facing the causes of the stresses in single-parent households can be the first step in reaching a degree of peace and harmony in the family. You can probably expect:

- A sense of loss of self, along with loss of personal time.
- Tension from forced association with an ex-spouse or in-laws.
- Taking blame for the upsetting behavior of your child.
- Worry about finances.
- Fear that a job may be lost because of work and family demands.



ways to cope

If the pressures of single-parenting have begun to build and you feel that you need some help, there are resources available. Here are several:

SINGLE-PARENTING SUPPORT GROUPS. Share common problems and solutions with others who understand.