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The Emotional, Physical and Psychological Stresses of Single Parenting

All About Single Parents

The Wikipedia Web site defines single parents are parents without partners in raising a child or children. A single parent, accordingly is one parent who is not living with the child's or children's other significant parent,

Definitions and descriptions of single parents vary and differ from one society or country to another society or nation. Different cultures also foster different treatment and classification for single parents.

In one country, however, single parents are treated differently according to geographic locations. For example, single parents in the industrial and commercial cities are treated differently and are provided with different perks as compared to those single parents who are based in provinces or the rural areas.

Single parenthood is becoming a very popular style of living nowadays. However, not all societies are readily prepared to accept and treat the trend or concept as a rising trend or norm.

The technical definition of single parents

Single parents are either left alone or abandoned by the other significant parent or their partners. The abandonment involved may come in different occasions and forms.

Single parents are usually abandoned by their respective partners after divorce, after separation (both legal and in principle), after the other parent is jailed, after practical abandonment or after the other parent dies.

Single parents, in more rare cases, do not really have to be the child or children's biological parents. Yes, blood and DNA affinity may not be the only basis on parenthood.

This also applies to single parents. Single parenthood really is a choice, especially if the child is not really biologically from the single mom or single dad. What a noble situation if that happens!

Single parents, according to recent studies, also become such through different means. Single parents have or attain their children by legal or in-principle adoption or by bearing the child through artificial insemination or surrogate parenting.

Single parenthood, therefore, is a choice. Single parents practically choose to be such. You know how hard it is to raise children nowadays. Financially, physically, emotionally and mentally, single parenthood can really be draining.

In other countries, especially those characterized by strict and old-fashioned norms or cultures, single parents are still considered outcasts. That is because during those rare cases, single parents are treated like they have done unforgivable mistakes or misgivings.

The rising trend of single parents

A recent commissioned study or research in the United States alone reveals that about three children in every ten children on a nationwide average live in homes run by single parents.

The most common and prevalent type of single parents are those situations where there is the single mom. It should also be noted, however, that the other type of single parenthood, those with the father acting as both the mom and the dad of the child is also rapidly increasing.

The father as the single parent is the common single parenthood setting in the Islamic countries. That is because the governments of these nations still do not recognize the value and the ability of women, particularly moms to raise children or even carry on such great responsibilities.

The 2002 Census report in the United States showed that there were only 15% of custodial parenthoods, whose single parent carrying on the responsibility of raising the child is the father. For comparison, that figure has risen by 10% over the past ten years.

It means, in the 1990s, it was very rare that single dads carry on the responsibility of solely raising the child. Tides have turned since then, apparently. Single dads are now becoming a popular notion, concept or situation in the modern society.

Single parenthood

Indeed, you must not be too judgmental against single parents, especially in these times. It is because the trend and concept of single parenthood is becoming not uncommon to almost all societies around the world.

Gone were the days when children raised by single parents were called bastards and were teased ceaselessly in school. The legislative sector now has instituted laws to protect children of single parents.

Single parenthood is becoming too popular and common that it is now an accepted situation and occurrence. Commend and congratulate single parents. The choice they have made for their lives are truly courageous.

How to Manage Stress and Single Parenting

Being a single parent is not easy. It is like doing two jobs in one sitting. Single parenting requires you to be an understanding mother or a tough and a providing father all at the same time. Stress and single parenting, therefore, works together, giving single mom and dad a terrible headache every single day.

Stress and single parenting are the usual topics in self-help books in parenting. Psychologists believe that raising children and even just a child is a very stressful task that requires ample management of emotional, behavioral and spiritual aspect of a single parent. Without the proper guide from self-help books, counselors, group therapy, a single parent will deteriorate emotionally due to stress.

So how could you manage stress and single parenting? Psychologists say that in order for a parent to manage both stress and single parenting, he or she should enumerate things that bring him or her the stressors.

The universal stressors in single parenting for a female parent is how she could manage her household while she works her way to earn a living for 8 to 9 hours during the day. Self-help books on how to manage stress and single parenting gives single moms a good advice.

Firstly, if their job requires them to be out of the house in the usual office hours, she could hire a nanny during those times that she is away. But if she wants to have a quality time with her child or children, it would be for the best if she would leave her day job and establish a work from home business or job.

The internet isn't there to merely entertain us. In fact, billions of dollars worth of business deals have been transacted through the internet. Of course, this isn't just on sales transactions -- sales on goods sold such as in Amazon or Ebay -- but also those transactions that pay off a service using Paypal or other online payment mode.

Yes, believe it or don't, many people, single parent or not, who earn a living through the internet not for selling goods but for offering and selling a service.

If you are a fast typist, you can offer typing services through 'telecommuting.' It is a secretarial job that doesn't require a single parent to be 'on-site' or at the place where the office is located.

Some employers, especially those who are always on the go, hire 'virtual assistant' to help them with clerical or typing or secretarial jobs. Employers simply email the typing or research job to their virtual assistant with the instructions on how to do it and when to submit it, and the virtual assistant shall submit to the employer the typing and research job at the time the employer has specified.

The virtual assistant will be paid online via Paypal or Online Checks, every 15th and 30th of the month, or as agreed by both parties.

This way you can manage both stress and single parenting. Even if your two children are howling at each other, you can pacify them while you are waiting for the next job that your virtual boss will give you. Working online or telecommuting is one of the best ways that you can manage stress and single parenting.

As for single dads, the problem that they usually face is how to keep in-tune with his child or children's feelings and emotional needs. This is the most usual cause of stress with a male doing the single parenting.

Of course, unlike a single mom, not all single dads want to work at home. They feel that this is not a very manly job. To psychologists, however, single dads don't have that much liberty to think this way.

Single parenting is totally different to regular parenting (a household with a mother and a father). A single parent must adjust to the usual activities expected of a 'regular' parent. So, a single dad must accept the fact that he can't be just like 'any other dad' and work his bottom from sunrise till night.

A single dad needs to be at the side of his children, like a mother. If he can't accept this fact, he cannot possibly manage stress and single parenting.

Articles On Single Parenting Becoming Popular in Modern Days

There are many articles concerning about single parenting. Single parents need not worry on how to handle your situation as a single parent to your children.

You may search for articles like this one through various website and even in local magazines. For more brief and precise articles about single parenting, you may also visit the libraries and bookstores. Reading and understanding the articles for single parenting may give you tips and guides in handling your day-to-day relationship with your children.

Because of the growing number of people who are becoming single parents because of the break-up of marriages, teenage pregnancies, divorce and death of other partner, the publication of articles on single parenting have also increased. There is a growing demand for self-help tips in raising a child or children by a single parent.

There are articles on single parenting that focus on a single mom or dad who lost a husband or a wife because of death. These articles help a widow or widower handle grief and how to continue their life without a partner in life.

There are also articles on single parenting that teach about proper caring of infants, toddlers and kids who are in school already. These articles cover the basic management of kids' tantrums and their attitudes towards you as a parent and to other people. Single parents, especially teenage single mothers, will also gain knowledge from these articles on single parenting such as basics childcare, bathing an infant, first aid techniques, etc.

A woman who is expecting her first baby without a partner to help her in child rearing may also benefit from the contents of these articles on single parenting. These articles will show her to take care of her body during and after pregnancy.

It is also good for every single parent to start reading articles on single parenting and child psychology so that she could raise her child morally upright. When their child grows and starts asking questions, they must know how to answer these questions, most especially the sensitive ones. Do not take for granted the questioning of your child because you would not know the effect in the event that you ignore them.

Children who are raised in a wrecked home or are the product of a teenage pregnancy are said to be more sensitive than children who are raised in a normal home because they feel that they are the usual topic in school and in their community. You must help to cope up by searching on the articles on single parenting that will solve the problem of your child. You must obtain a regular communication with your child so that you can also monitor his companions, his favorite things to do and problems he is encountering outside your home.

There are articles on single parenting that you must disregard especially those that only confuse. Remember that articles on single parenting are written by humans only, and human are not perfect. Many authors of articles on single parenting use their opinions as their basis of writing their articles. Sometimes it is not informative.

To avoid waste of your money examine first the articles on single parenting before you purchase. Articles on single parenting must be informative, specific and goal oriented. Articles on single parenting should be informative in a way that you can gain learning, knowledge, methods, and ideas that can help you in your way of raising your child and becoming you as a better person.

Articles on single parenting must contain specific and more precise information for easy understanding. Most single parents are commonly on the lower income bracket and are sometimes forced to stop their education to support their child. Single parents need to read useful articles regarding single parenting that is understandable to apply the knowledge as possible.

Authors of articles on single parenting are advised to feature articles that are more on a goal-oriented topic. Every single parent's goal is to secure a better future for the children.

Authors may write an article on single parenting that is more inspirational in achieving their goal. They may also discuss topics that will establish their morals and strengthens their faith and give them strong determination in achieving success.

For those single parents who are cutting their cost on buying things to save for the most essential needs, they may visit public libraries near their place. They may borrow articles on single parenting that is functional for them. Single parents must not stop on learning for they will be their child's first teacher.

Single parents must show their child that they are interested in learning to make them a role model and children will also become interested in studying and reading materials. Children of a young age are very willing to attend school and learn their alphabet.

Children must gain support from the parents in also achieving the goal of their child. Education is one of the rights of the child. Do not disappoint your child. It is better to enhance the talents and abilities of children than make them useful and productive.

Articles on single parenting are a great help for single parents in guiding the path of every child and make them leaders of your community.

Single Parenting and Black Males

Single parenting is becoming a fast-growing trend in modern societies, not just in the developed countries around the world but also in the third world or to term it the more politically correct word, developing countries.

Times have really changed since those days when single parents were treated as outcasts of the society. Previously, especially during those times and era when values and morals were strictly imposed within societies, single parents were treated as if their situations were some sort of punishment to them.

Single parenthood is not unique to the average white men and women in the United States. It can be noted that the black race or the so-called African Americans in the country are also subject to the issue and concerns regarding single parenthood.

Thus, the number of black males who are also single parents in the country and also in other nations are currently the same and equal to the number of white males who are single parents.

The borders and difference separating the black race from the white have really disappeared and melted that issue previously concerning whites are now also issues hounding the blacks.

Thus black male single parents are now living on an era when single parents are treated with much respect and dignity than the way they were treated by the previous generations.

Black males and the single parenting

Single parenting is also not unique to the average black males. The US Census of 2002 estimates that three in every ten children in the United States are raised by single parents. What is so vague about the statistics is that the demographics were not clearly defined, meaning the actual number of black males who are also single parents are not really identified or set out.

It is assumed, however, that the number of single parents who are incidentally also black males rise along with those of white males, or of female counterparts.

It can be noted, however, that the modern society is knowledgeable and informed about safe sex and contraceptives. But, there are instances when contraceptives do not really work as intended, and so the number of unwanted pregnancies and unwanted birth of children are rapidly rising.

Black males who are also single parents do experience the same experiences and issues being reported and experienced by other single parents around the world.

Black males who are also single parents are also now equally privileged as their other counterparts. They are also qualified for compensations and financial assistance and support from the federal government.

Articles about single parents and black males

There are a number of literature or writings that tackle the issue of single parenting particularly and specifically for the black males. It is assumed that male single parenting is very hard because males, in general, are not domesticated.

The traditional and conventional norms of the society have it that males are not really completely coping up with the challenges of single parenthood. Psychologists do assert that male single parents are far worse compared to their female counterparts, because females are more emotionally stabled to cope with the single parenthood situation.

Here are some of the recommended reading digests that black males who are also single parents could read. The following articles are so timely and will surely be helpful to the black males who are also single parents.

The articles are accessible online, for everyone to read them. Read on.

“Black Men: the Crisis Continues” by Slaim Muwakkil. The article came out and was published in one of the modern magazines. The article touches on the political issues hounding the black population, particularly the black males.

“The Blak Family: 40 Years of Lies” by Kay S. Hymowitz. The magazine article discusses the social implications of single parenting among black males and in the general the whole black race.

“Parent Trapped: Dating for Single Parents” is an article available online that tackles the issue of single parents finally moving on with life to experience dating once again. Issues bugging black males regarding single parenting are discussed.

Articles on the Effects of Single Parents and Black Males

Single parents are everywhere. The US Census found that in 2002, three out of ten children in the United States were raised and are living in with single parents.

It is believed that the figure has further gone up nowadays. Today, it is estimated that single parents, or the number of single parents in the society, are far more, or have significantly grown over the years.

The assumption can be attributed to the growing perception that single parents are now enjoying the comfort and acceptance by the society that previously were not accorded or provided to them.

Black males are a significant demographic section where the number of cases of single parenthood is significantly and rapidly increasing.

Experts say black males being single parents at the same time pose greater challenge to the person. For one, racial or color discrimination, although the issue is not existing politically anymore, is still bugging a number of African Americans in the country.

Second challenge for the single parents who are black males is their gender. It is found that male single parenting are far lagging behind female single parenting. Although feminism is now on the run, and men and women have equal rights, men still are not comfortable to assume domesticated roles in the society.

That is why a number of efforts are initiated by experts and psychologists. To reach the black male- single parents demographic, articles, books and expert advise on single parenting are provided and made accessible over the Internet.

Hence, there are a number of literature or articles that are accessible online and that are targeting the black male single parents around. Here are some of them:

"Parent Trapped: Dating for Single Parents." This article is authored by an unnamed single parent. He himself is very much involved in the issue, based on his status.

Thus, it takes one to really and effectively know one. The single parent reader, probably and purposely male black, can relate to the predicaments, joys and experiences of the author. This will be a great reading experience for them.

"The Bad Rap Against Mothers" The article is published in a well-know and main stream magazine years ago but is so beautifully written that the essence is far living its life span. The article is written by a single mom, who was abandoned by a black male lover or partner.

"The Bad Rap Against Mothers, Part 2" is the second installment or spin off of the first. The article aims to help readers by enumerating and analyzing the hardships and difficult situations single parenthood poses to single moms. In this article, the single mom-author imagines how it could have been if she had been the one to leave her black male ex-partner.

"The Bad Rap Against Mothers, Part 2" also aims to create the next generation of very "exceptional men," who will grow up gracefully with manners and principles that will never ever aim to hit or disrespect women and other beings. The author believes single parents can do exactly that--raising good and well-founded men.

"Come Back Home" is excerpted from the very popular and best-selling "Chicken Soup for the Single Parent's Soul: Stories of Hope, Healing and Humor." The article incites that every single parent has his or her own different and personal story to tell.

However, the differences are bounded and should be unified by the thread of comfort and of hope that aims to give out peace of mind to everyone.

"Get More Time with your Children and Manage Your Child Support" is written basically and particularly for black males who are also single parents. The article can also apply and touch the hearts of white males who are also single parents.

Through the article, readers will have a sneak peek at the personal and actual expenses and money issues surrounding male single parents, both black and white.

“Dreaming Through the Twilight” is not somehow mushy and cheesy as the title implies. However, the article, which is also published in a book---a collection of personal diary-style articles---is so profoundly written. The article targets principally the black male single parents who are difficultly dealing with their current single parenthood situations.

Black Single Parents: Seek Help And You Shall Receive

Before, single parents were being scorned in public and were regarded as immoral. Luckily, this attitude has, fortunately, been reversed in our days. Single or divorced parents are treated equally and are in fact being given special considerations by the Federal Government because of the hardships that single parents are facing in order to properly raise a child or children.

These special considerations are not only for 'white' Americans. Black single parents, just like any other citizens of the United States, may make use of the special programs that the Federal Government has for American single parents.

In Arkansas, black single parents may enroll in a scholarship program. They may attend college for free, while they receive a monthly stipend to help their way through school. In Arkansas, they believe that if black single parents are educated, or any other American single parents for that matter, their child or children will grow up a better people and citizens.

Everything starts from a family; and in Arkansas, they think that not only a household with a mother or a father can be properly called a family. Even a family being headed by a black single parent can create a happy, successful and peaceful family.

Black single parents who are currently jobless may get assistance from the local government for job placement. The local government will locate a job near the residence of the applicant so as for him or her to manage his or her household while he or she is earning for a living.

In fact, while a black single parent is in the process of job hunting, the local government may assist him or her with the monthly expenses that his or her household may accrue, until such a time he or she finds a job.

Local governments may suggest to black single parents, especially females, to work home based so that they can have more quality time with their child or children. It is now a fact that the internet is not just as a medium where a black single parent may meet a new date. Everyone, especially those who have the will to do so, may earn decently through the internet.

Top online shopping marts on the net today rake in if not millions, billions of dollar as profit. Black single parents can partake too with the yearly billion dollars of marketing and for profit transactions in the internet. They can sell their own goods via net, and they can offer too their services via net.

They can work as a virtual secretary, content writer, forum posters (yes, they can be paid for that), or marketing or ad clickers. There are various legitimate jobs on the internet. All they have to do is scout via net for a telecommuting job and check their registration at the Securities and Exchange Commission if they really are a legitimate online business.

For household management, black single parents may find group therapy sessions designed for single parents helpful. Group therapy sessions are not only for the disturbed; these help groups are created with the help of the local government to assist white and black single parents in household management.

Even before problems arise, this help groups are there to teach white and black single parents on how to maintain harmony in his or her household and how to be both a mom and a dad to their child or children.

So, of course, when problems arise, these help group will support white and black single parents all the way. They will serve as a shoulder to lean on for white and black single parents who are not with any person to confide their problems with. Besides, sharing ones problems with a co-single parent is the same as sharing ones problems to a friend who understands.

White and black single parents must not pass the opportunities that the local government has in store for them. They can't stubbornly claim that they can raise their child or children on their own. They must accept the help that the local government has extended for them. These help are for the betterment of their household and should not be passed up simply for pride.

Ethnically Speaking: The Trends In Single Parenting

Ethnic studies have discovered that 90% of single parents are women, while in 1995 32% of Black families are single parent households with dependent children. Only 8% of White families are single parent households and 7% in South Asian families.

Around half of Black women aged 30 and above are primary income generators in single parent households, while only one in ten among South Asian women have this scenario. Such figures indicate the sharp difference of Black and White single parent households.

Other ethnic studies of black and white women ages 15 and 44 found that family disruption is a major concern in future choices of children in terms of childbearing and marriage. An ethnic study conducted by Bumpass and McLanahan found that the daughters of single mothers have a:

- 53% chance of being married during their teen years
- 111% change of having teenage births
- 164% change of having premarital births
- 92% chance of experiencing their own marital-related problems.

The developing behavior of girls that grew up and having their father die early also leads to different effect.

- Black children are not significantly affected if their mother is widowed early in life.
- Parental family status does not have a considerable impact on whether white or black girls who grew up in families would get married again after getting divorced.
- The results show that when family background traits are kept constant.

Bumpass and McLanahan arrived on the conclusion that the finding give strong evidence that women who spend a portion of their livelihood in a single parent environment have a bigger chance of getting married and bearing children early, to have children out of wedlock and have major martial issues that will likely end in divorce.

Regardless of what ethnic group you are in, being a single parent is hard. Those coping with being a single parent normally feel the following: sadness, abandonment, confusion, guilt, fear of being alone, and anxiety. The following advises are crucial to help combat these feelings:

1) Forgive and forget. Letting go of unwanted feelings can make one feel happier and lighter. Holding on to anger provides more stress than letting go. Forgetting will make more bearable for you to move on and possibly develop a relationship, and preserving your relationship with your kids.

2) Maintain network and ties with your community. Having honorary uncles and aunts in the community develops camaraderie between the kid and the neighborhood, and the parent and the neighborhood. It also enables children better understand that creating relationships is an helpful way to forget the bad feelings that they felt during the divorce of their parents.

3) A sense of accomplishment. When a child is assigned with small tasks, a sense of accomplishment is normally felt. Since additional responsibilities have been given, a feeling of openness is added. This is due to the fact that a goal has been achieved to assist in the household. This makes the child feel that he is an integral member of the household.

4) Take responsibility. Before, the responsibility of caring for the family was shared between two individuals. Now, only one is tasked to provide for the whole family. Taking responsibility gives power to a single parent to be extra careful in making decision and managing the family. In addition, the parent can request assistance from the children on major decisions such as what items are essential in the grocery

5) Do not forget the old habits. Children need stability in their lives after a traumatic divorce. Rituals as going to dinner every Wednesday or the parent fetching the child from school every Friday should be kept. In this way, the child will feel that even if the parents are divorce, the good rituals are still there.

6) Different experience for the child. Since the child now shuttles between two separate parents, the child can further broaden his perception on how life should be tackled. The child is more receptive and aware to what goes around him, and accepts that the world is not perfect.

Challenges Of Single Parenting

One of the hardest issues to survive in, as a single parent, is an overwhelming emotion that you should complete the role of both mother and father. This feeling evolves and will be more intense if the other single parent is not portraying a role that is active with the children.

You would probably fight this feeling often in two ways. Either you try to compensate by being both the mom or dad or you get on one of those wild life hunting explorations to search for a partner to fill in the other role. May I tell you a piece of advice? Neither one of these options will work. It is easier to say it than to do it.

Single parents always bring this feeling of guilt for the reason that their children do not obtain the love and care they could be getting from another parent. So what are you supposed to do? It is a very difficult situation.

For example, you are a single father with three children. This gets even more complicated if two out of the three are girls and you will have to choose between being a mom or to hunt for the mom to be able to have a better orientation for your daughters.

You would most probably go on an exploration to fill the second. Not a year has passed and you would probably go back to being a single parent.

As mentioned, this is never the answer. The lesson on that example is that you cannot replace the mom or the dad. Of course, this does not mean that it is impossible to find people who are ready to be a huge portion of both yours and your children's life. What is really meant is that this should not be the reason of the relationship you form.

Instead of feeling that you need to replace your wife or your husband for your kids, why don't you focus on what you need to provide or give to them? Being a single parent is not a reason for you to feel guilty. You should rather be proud that your sons and daughters have you.

This article is written to help you, single parents, realize that your children love you and if you are going to find another spouse or feel guilty, you are not going anywhere. You have to comprehend that single parents do not have to have a mate to make your kids glad.

If you are a single parent, then you are probably strongly thinking that you should fill both roles. This is empowered by the feeling of guilt for fitting our children in difficult positions. You have to get over this and recover as fast as you could.

You are only human; you are not a super hero. You cannot do everything by yourself and you should never feel that you are second best just because of this.

Your children do not all the time give a helping hand either. Children are not evil, crazy or anything of that kind, they are just being what they are, kids. It is what kids always do, and it turns out that it really works well for them. You need to adapt to working with your kids with your own provisions and not feel lower than appropriate for the reason that you cannot do something.

In total, you gain the respect of your kids if you follow what this article just said. No matter how much and how well you try, you surely cannot be both your children's mom and dad. So take this as an advice, quit trying.

You do not need to be fit and lean to make your kids love and appreciate you. They love you just the way you are. You should even appreciate yourself first in order to make your children and others appreciate you. You should know that parenting exercise is different.

You are most probably thinking that being a single parent drains your energy and will not let you have time for yourself. Well, tell you what, it does not. It helps you become stronger and it makes you appreciate yourself because of what you do.

Consequences of Single Parenting

There are a lot of consequences in being a single parent. It is not as easy as everyone imagines. There are so many issues surrounding a single parent. Some are good, but some are extremely bad. In everything that you do, there are consequences. And because being a single parent is an abnormality, society keeps a watchful eye on everything that you do.

You always have to watch your actions so that it will not have a deterrent effect on your children. You also have to have an open communication with your children so that you will always have knowledge on what is roaming inside their mind.

Since being a single parent is vulnerable to gossips, we must always be knowledgeable of what is happening around us so that it would not affect our children. The biggest consequence of being a single parent is probably its effect on the child's reputation and emotions.

In a weak foundation, the child with a single parent might notice his or her difference with other kids. If not properly talked about, he or she might start thinking that he or she is different and it may be a reason for him or her to be disturbed. As a parent, you must always remind your child that he or she is not different from others. He or she is still a normal kid, just like everybody else.

The bulk of the responsibility is thrown mostly to the parent. And honestly, it is really the parent's responsibility especially during the early ages of your son and daughter. You should always remind your child about his or her status and that it should not affect him or her as a person.

As a parent, you must really be hands-on with how you take care of your children. It is a must that your presence is always felt. That you are always there to guide your kid. It is important and a must that you efficiently perform your duties and responsibilities as a parent.

Single parents must be really close to his or her child. If you concentrate more on work and leave no time for your kids, there might be a gap on your relationship and you and your kid will not be that close.

You should also show your love to your kids for they lack affection. Since you are a single parent, you should give much more love as you are filling in the shoes of both a mom and a dad.

But that is not as easy as it sounds, because you are the only one that makes it work for you and your family. Of course, you cannot do it all by yourself. Single parents are not super heroes but they are close to it.

Time is the biggest enemy of a single parent. And because of that, the biggest consequence of it is having no time to spend with your kids. As a result, you may not be close to him. Another one is because of the lack of a parent figure inside the house when you are not around, the kids might lack the value that parents teach.

Also, because of your absence, the children might not respect your authority as their parent. And at times, because of work, you might be not around during special occasions, like the kid's birthday, PTA meetings, the child's recital and other kid of events that require the presence of a parent. Since you are the only working with no support, you might not be able to attend to these and may cause trouble.

A kid requires a lot of work, and if you cannot attend to your child's needs then he or she might look out for someone else. Your child might be prone to drugs and other bad deeds because of the lack of presence and attention inside the house. The child might even forget that he or she still has a parent.

You must remember it is not how long you spend your time with your kids; it is how you spend quality time with your kids. Even if you are tired from work, you must always let them feel your love. You may not always be physically present but what is important is that we instill in the values and discipline so that they would be able to face the world with the parent on the child's mind.

The most important thing is that they would understand the situation and respect you for what you are and not who you are not.

Effects of Single Parenting: Coping With Reality

The number of single parents has increased over the last twenty years. The number of children who have been a product of single parents have continually grown as well. This is because the overall change in society has changed drastically over the past years.

How a person reacts to certain situations, and how one copes with change have affected decisions involving families today. Studies have shown that there are effects, whether positive or negative on being a single parent to children.

Conflicting studies have shown that there are positive and negative effects of single parenting. Some studies show that children who have been exposed to single parenting have lower self-esteem than that of shared parenting.

On the other hand, some studies show that single or shared parenting does not have any effect on the growth or well-being of a parent. How a parent deals with a child, and oneself can mold the dynamics of the family, which can lead to the emotional well-being of both the parent and the child.

If the single parent relationship between the parent and child is carefully managed, the following positive outcomes may be felt within the family:

1) Gradual lessening of tension. Prior to being a single parent, feelings of tension are present and are felt by the parents and children.

Oftentimes, the feelings of the child are not felt by both parents. When the situation is explained to the child, this can lead to a feeling of understanding on why the separation happened.

This understanding can help the child cope with the current situation, and thus gradually release tension towards the child's parents, and to other people as well.

2) More time with each other. Tension felt during the discussions on separation and divorce lead to neglecting children. Screaming matches, and not speaking to each other are common feelings felt by children and the parent.

The effect of being a single parent thus gives more time to address the needs of children, and open communication channels between the two. Planning vacations, and bonding sessions with each other can be a result of this. More time would lead to a more relaxed family atmosphere.

3) Re-establishing ties with the community. Children and parents can work together, and can even establish relationships with the community because of this effect of single parenting.

Single parents can ask help from their neighbors regarding the care of their children, such as baby-sitting or helping out with household chores. This often leads to a positive feeling of involvement on both the parent and the child, and the neighborhood as well.

4) Out of the box experience to the child. Since the child now shuttles between two separate parents, the child can broaden his/her experiences pertaining to life. The child is more sensitive and aware to what goes around his/her life, and can feel that the world does not revolve around him.

5) A sense of accomplishment. When a child is designated with small responsibilities, a sense of accomplishment usually is felt. Since additional responsibilities have been added, a feeling of openness is added to the sense of accomplishment felt. This is because a feat has been done to help out in the household. This makes the child feel that he/she is an important member of the household.

6) Prioritizing to lead to work and life balance. Single parents need to learn the value of prioritizing. Sometimes, new tasks are needed to be able to look for new types of jobs to support the family.

Schedules, school and financial obligations need to be prioritized to be able to maintain work and life balance. Attaining work life balance is a continuous challenge to the parent, due to additional responsibilities of managing a family.

6) Active role in decision making. Children can play an active role in the decision making of single parents. Single parents need additional minds to think most especially in making major decisions.

Single Parents and How They Are to Maintain Their Emotional Health

The number of single parents has increased over years. The number of children who have been a product of single parents have continually grown as well. This is because the overall change in society has changed drastically over the past years.

How a person reacts to certain situations, and how one copes with change have affected decisions involving families today. Studies have shown that there are effects, whether positive or negative on being a single parent to children.

Stress and single parenting are the usual topics in self-help books in parenting. Psychologists believe that raising children and even just a child is a very stressful task that requires ample management of emotional, behavioral and spiritual aspect of a single parent. Without the proper guide from self-help books, counselors, group therapy, a single parent will deteriorate emotionally due to stress.

So how could you manage stress and single parenting? Psychologists say that in order for a parent to manage both stress and single parenting, he or she should enumerate things that bring him or her the stressors.

The universal stressors in single parenting for a female parent is how she could manage her household while she works her way to earn a living for 8 to 9 hours during the day. Self-help books on how to manage stress and single parenting gives single moms a good advice.

Firstly, if their job requires them to be out of the house in the usual office hours, she could hire a nanny during those times that she is away. But if she wants to have a quality time with her child or children, it would be for the best if she would leave her day job and establish a work from home business or job.

The internet isn't there to merely entertain us. In fact, billions of dollars worth of business deals have been transacted through the internet. Of course, this isn't just on sales transactions -- sales on goods sold such as in Amazon or Ebay -- but also those transactions that pay off a service using Paypal or other online payment mode.

Yes, believe it or don't, many people, single parent or not, who earn a living through the internet not for selling goods but for offering and selling a service.

Some employers, especially those who are always on the go, hire 'virtual assistant' to help them with clerical or typing or secretarial jobs. Employers simply email the typing or research job to their virtual assistant with the instructions on how to do it and when to submit it, and the virtual assistant shall submit to the employer the typing and research job at the time the employer has specified.

This way you can manage both stress and single parenting. Even if your two children are howling at each other, you can pacify them while you are waiting for the next job that your virtual boss will give you. Working online or telecommuting is one of the best ways that you can manage stress and single parenting.

As for single dads, the problem that they usually face is how to keep in-tune with his child or children's feelings and emotional needs. This is the most usual cause of stress with a male doing the single parenting.

Of course, unlike a single mom, not all single dads want to work at home. They feel that this is not a very manly job. To psychologists, however, single dads don't have that much liberty to think this way.

Single parenting is totally different to regular parenting (a household with a mother and a father). A single parent must adjust to the usual activities expected of a 'regular' parent. So, a single dad must accept the fact that he can't be just like 'any other dad' and work his bottom from sunrise till night.

A single dad needs to be at the side of his children, like a mother. If he can't accept this fact, he cannot possibly manage stress and single parenting.

Some Facts About Single Parenting and Ways To Cope

Being a single parent is no easy task. It is like doing two jobs in one sitting. Single parenting requires you to be an understanding mother or a tough and a providing father all at the same time.

Stress and single parenting, therefore, works together, giving single mom and dad a terrible headache every single day.

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Without the proper guide from self-help books, counselors, group therapy, a single parent will deteriorate emotionally due to stress.

So how could you manage stress and single parenting? Psychologists say that in order for a parent to manage both stress and single parenting, he or she should enumerate things that brings him or her the stressors.

Here are some facts about single parenting in the US:

- There currently are more or less 11.9 million single parents in the country
- 84% of kids growing under a single parent live with their mothers
- Among all racial groups, the percentage of two-parent households has been drastically declining over the years
- Around 28% of American children aged 18 years old and below live with a single parent
- 85% of custodial parents are mothers and only about 15% are fathers
- 53.7% of custodial single parents work full time jobs, while 30% are temps
- Around 59% of single parents in custody of their children have some sort of child support agreements with the other parent
- The average household income for custodial parents is US\$28,000
- Most single parent settings exist in metropolitan areas

If you are a single parent, you really need not fear. There are a lot ways you can obtain support, both financially and emotionally.

The US government offers financial support for single parents who have proven themselves unable to provide enough care for their children. The law acknowledges that single parents face responsibilities that are much more complicated than families with two parents, hence the provision for financial assistance.

This way, the government takes part in reducing the pressures and hardships single parents face every single day. Despite the absence of a partner, single parents are not alone in the challenging task of rearing their kids. The government is there and very much willing to help.

Internet sites like SingleParentsNetwork.com and SingleParentsMingle.com also provide venues for single parents to meet other single parents. They provide articles relevant to single parents' situations and a place for single parents to discuss challenges that face them and their children.

Counseling from professionals can also form or make up a support system that will make single parenting easier and more effective. Because single parenting is no ordinary parenting, the parent and the child must learn to accept the situation minus the negative feeling.

Nowadays, single parenting is becoming a normal occurrence. Society is not that judgmental anymore towards the single parent and the child. Probably, it can be because of the immunity due to the rising number of single parents. Anyway, it can be positive because at least, single parents choose to be productive.

Understanding the Psychological Well Being of Single Parents

Probably the hardest thing to face as a single parent is the intense emotion linked with being both a mother and a father to a child. This is further magnified when the other parent is absent or is deliberately not doing anything to fulfill his part in the caring for the children. More often than not, the single parent's psychological well being bogs down.

Single parents might try to cope with this strain by either trying to compensate by adopting both mom and dad roles, or by scouring the social scene for a partner to help him or her in the rearing of the child. The pressure is definitely high.

However, if truth be told, none of the two methods will help. If anything, they might even cause you to become more psychologically stressed.

Majority of single parents feel guilty for the absence of the other parent, often blaming themselves for the loss. This is especially complicated if the custodial parent is male and he has a daughter or three daughters, making it difficult for him to portray motherly duties.

Chances are, he will go on wild hunting trip to look for somebody to fill the position, which, more often than not, particularly for those who go out to just look for a replacement parent, ends up in vain.

To cope with the other parent's absence, you must first acknowledge and admit that nobody will ever replace your child's mom or dad. Sure, somebody nice and appropriate could come along, but if you make this search your daily goal, then you might as well be driving you and children to the loony house.

While finding someone to fill the spot addresses a big need, this should not be your sole purpose in life. Always remember that your children need YOU to care for them, and do not just see you as a nanny or private eye tasked to find them a good parent.

Instead, focus on what you can give your kids, even without a partner. Being a single parent is not a sin. Nor is it a reason for you to go on guilt trips every single day. You should even be proud that you have successfully reared your kid or kids on your own, and prouder that they have you. Whether or not you find a new spouse or partner, your children will still be happy to have you with them.

Always keep in mind that you are only human and cannot do everything at once. Not always being a hero to your kids does not make you less of a person. Remember, what does not kill you will only make you stronger.

Capitalize on the relationship you currently have with your kids and improve on that, instead of just dwelling on the fact that you're alone and don't have a partner.

Kids today are more resilient and understanding than we give them credit for, so never underestimate their power to understand your limitations. Be honest about your feelings and they will be honest with theirs, as well. You could be pleasantly surprised with their responses.

Psychological Well Being of Single Parents In South Africa

Being a single parent in South Africa is already considered as a statistic. This is because of the high number of this rate versus combined parenthood. Ironically, the reason for single parenthood is very different from their Western counterparts.

In Western countries, typical reasons for single parenthood range from divorce, death of a spouse or a personal choice. In South Africa, the main reason of single parenthood is AIDS.

AIDS is rapidly killing people aged, 19-45 in South Africa. These ages are the potential parents of future generations.

According to Professor Clifford Odimegwu, Professor of the University of Witwatersrand in Southern Africa, the grandparents are currently taking care of the orphans from parents who have died of this disease.

The AIDS epidemic has become alarming, and has already disrupted two layers of the population pyramid. This pyramid consists of those in the five-year old age bracket who will eventually be the adults in the future generations.

More than 10 million children in South Africa have been dying of AIDS. The other part of the pyramid is the 19-45 age bracket, who will comprise the senior citizens of the region. (<http://www.voanews.com/english/archive/2006-03/2006-03-08-voa65.cfm>).

Losing a partner is very stressful for the parent. The psychological well being of single parents in South Africa has been very poor primarily because of the reason on why the partner was lost. The reputation of AIDS in progressive countries has mellowed considerably.

In South Africa, however, it is still in the same ranks as the deadly illnesses of the olden times, as the Black Plague or the Bubonic Plague because of its sheer number.

The government has been very helpful in helping parents cope with the loss of a parent, whether through AIDS or through divorce. Divorce also ranks as a high factor in single parenthood. In South Africa, 50% of married couples end in divorce. These individuals become single parents. South African individuals have not developed coping skills on becoming a single parent.

They need assistance in coping with this event. The FAMSA is an organization in South Africa, which helps out in counseling of individuals regardless of financial status. These organizations are a beneficial tool of the South African government in managing the way of thinking of these individuals in coping with problems, particularly single parenthood.

Newly single parents develop feelings of sadness, abandonment, confusion, guilt, fear of being alone, and anxiety. The following tips have been recommended to be able to combat these feelings:

1) Forgive and forget. Letting go of unnecessary feelings can make one feel lighter, and happier. Holding on to anger is more stressful than letting it go. Forgetting will make it easier to move on to the next relationship, and maintaining the current relationship with your children.

2) Maintain network and relationships within the community. Having honorary aunts and uncles within the community fosters camaraderie between the child and the neighborhood, and the parent and the neighborhood as well. It also helps children understand that building relationships is an effective way to let go of the bad feelings that they felt during the separation of their parents.

3) Take responsibility. Before, the responsibility of caring for the family was shared between two individuals. Now, only one is responsible for the entire family. Taking responsibility empowers a single parent to be more careful in decision making and managing the household. In addition, the parent can ask help from the children on decision making such as what items to buy during grocery shopping.

4) Do not forget the old rituals that you used to do. Children need consistency in their lives after seeing their parents separate. Rituals as going out for dinner every Wednesday or the parent picking up the child from school every Friday should be maintained. In this way, the child feels that even if the parents are separated, the rituals are still there.

The psychological well being of single parents in South Africa is alarming, but slowly increasing towards the positive. The government, through FAMSA, has been a tremendous help in making sure that single parents are helped.

Single Parenting, A New Type of Family

A family is said to be the foundation of the society. When you say a family, it must have a father, mother and their children.

How About Single Parenting? In this modern age, single parenting is now acceptable in our society. Single parenting is the term we used for a person building a family or raising a child without marriage or without the present of husband or wife.

Anyone can be a single parent depending upon the relationship you established with your partner. Single parenting is sometimes caused by divorce. Single parents are very common to western countries where divorce is legal. If the court finds the marriage unsuitable and no hope for reconciliation between the couple, the court has no choice but to grant the divorce.

Single parenting can be also caused by the death of the partner. They said that life is too short and no one knows your death. Single parents who are widows usually had a hard time of accepting their faith. Single parenting caused by death underwent to some stages like anger, denial, depression, bargaining, and the last is acceptance. These stages are also common to divorced single parents.

Single parenting caused by adoption of a child are widely accepted these days. Most single men and women believed that singleness is their destiny but most of them are only caused by their pursued career and disregard for the idea of being married and having their own children until they reach maturity and become a good provider. Single men and women opt to adopt to feel more complete.

Single parents who have adopted usually feel that their life is incomplete without a child and only realize the needs of it when they already feel the loneliness of being alone and money cannot fill-up their desire to have their own family even without a husband or wife. They have realized that success is no meaning if there is no one you can share with it. Single adoptive parenting is ideal also for those who are sterile people who are sure enough that can give and share their life to the children who needs loving and caring.

Single parenting can also be caused by early pregnancy. These kinds of single parents are very common to teenagers, who become rebellious from their parents. They felt neglected by their parents not only of their needs but their love and attention that they expected from them. Because of this feeling of being neglected, teenagers learn to find and look for someone who can fulfill their needs for love and affection that commonly resulted of early pregnancies from their boyfriends.

Single parenting caused by early pregnancy is very difficult to manage because what we can expect from teenagers are immaturity, inconsideration and unpreparedness to face the future. Because of immaturity, relationship of teenagers towards their partner usually ends early.

Single parenting, which is caused by early pregnancy, is committed by teenagers who are adventurous. They want to know everything and anything under the sun even it is far beyond the limit and their age. Being adventurous as teenagers can be good if they gain knowledge and experience from what they do but it can also harm them without them knowing. Teenagers who are adventurous in sex and relationships may result to early pregnancy that leads often to single parenthood. They even have no courage to make a background check of their partner.

How Society can help Single Parents? Single parenting is never easy. It drains the body of every single parent, working like a dog at work, running a household, providing for their children of all their needs from food, shelter, education and medicine and clothing. It also drains their mind by thinking for the betterment of their child from their spiritual, emotional, social, physical and mental behavior.

Single parenting can change the totality of a person. Single parents should have a different method in molding the character of their child for they are prone from bullies and criticism from other people. Single parents should learn how to deal and cope to the moods of their child especially the single adoptive parents. Children of single adoptive parents are characterized as doubtful and sometimes you need to show them your sincerity of having them in your life.

Single parenting needs understanding and encouragement from the society. To be able to do this, people should learn to accept single parents as equal from the common idea of family life. They should help to shower and nurture love to their children. They should be able to think better ways of how to lessen the burdens of single parent.

On Single Parenting: Few Truths Of Single Parenting

Global way of living has changed significantly over the last twenty-five years. It has affected different aspects of our lifestyle--from the general way of thinking, education, finances, child and healthcare, even the way we manage our families. This fast-paced change has shaped the way we live our lives, including parenting.

Single parenting is defined as a parent (whether the wife, or the husband) doing the role of maintaining the nuclear family, as a result of death, divorce, separation, or personal choice.

This type of parenting is an additional arm of the traditional nuclear and extended family types that we have learned since childhood. Nuclear families consist of two parents, and children who are living in the same house.

Extended families, on the other hand, consists of two parents, children and aunts, uncles or grandparents living in the same house. Since the 80's, the number of single parent families in the US has doubled.

The top three causes of single parenting are: death of a spouse, divorce and personal choice (unwed teenage mothers, choice of raising a family without a partner, etc). These causes have a significant effect on the family's way of life, and require major adjustments to the entire family emotionally. Feelings of resentment, guilt and despair are typical of the spouse who is left behind.

Grief is the most often feeling felt by the individual left behind. This can lead to depression, losing control of one's own life. More adverse effects of grief lead to drug and alcohol addiction, and even death.

Studies have defined the 5 Steps of Grief:

- 1) **Denial:** This stage comprises of feelings of guilt and denial. The feeling of "he is just away, and will come back" are the usual reactions to this stage.
- 2) **Anger:** This stage comprises of extreme anger towards the person who left or died.
- 3) **Bargaining:** This stage comprises of negotiating with God, if the partner has died, or negotiating with the partner regarding changing what went wrong in the relationship.
- 4) **Depression:** This stage comprises of the near-realization that the situation will not change. This is where the acknowledgement of what happened starts.
- 5) **Acceptance:** This stage is the acknowledgement and acceptance of the grief, and letting go of the feelings of despair.

The effects of single parenting are usually felt not just by the spouse left behind, but to the entire family as well, particularly children. Studies have shown that children have felt betrayed, taken advantaged of, and felt inadequate as a result of parent separations.

To combat the grief brought about by single parenting, the following tips have been suggested:

1) Accepting responsibilities: Being a single parent means maximizing all resources to take care of the family. This means looking for all possible, even creative solutions to solve a problem. One should not spend time blaming others for what happened, but instead, look for ways in addressing the problem.

An example is looking for alternative ways to find transportation for a child's first day of school. Instead of screaming and whining, the parent should look for alternatives--looking for relatives who can drop off the child or working around the parent's schedule to drop off the child to school.

2) Family as the first choice: Successful single parent families have made their family as the top priority. This means determining non-negotiables and balancing commitments. Single parents usually forego career changing decisions for the family.

3) Communication: The parent and the child need to establish open communication between the two of them, to know what the wants and needs of each other, and to fulfill these wants and needs. Communication is the key to an open relationship. Clear communication channels foster an open relationship between the parent and the child.

4) Taking care of yourself: If the parent does not take control of his/her life, he cannot take control of his/her child's life. One should take care of himself/herself physically, emotionally, and spiritually. Taking care of oneself ensures a positive environment of hope and love in the family.

5) Establish routine: Routines before the divorce or death should be kept, because this is the child's only anchor that things have not drastically changed. Walks on the park, reading bed times stories, or the usual Christmas dinner should be continued even after the death or divorce.

Single Parents in South Africa

The increase of single parenthood is not a phenomenon isolated only to the western world. Even in South Africa, there has been a high percentage of single parents within the population. In 1998, 22 percent of households in South Africa were run by single parents.

As in any country, single parenthood arises because of (a) divorce (b) death or estrangement of a spouse (c) teenage pregnancy.

Aside from the AIDS epidemic, South Africa is currently facing social fragmentation as women continue to suffer a high rate of teenage pregnancy.

Women single parents are shouldering conditions of grinding poverty at a very early age with a few support systems especially because South African communities consider care-giving and child-rearing the responsibility of the mother solely.

Single parents or widowed heads-of-households in South Africa are even taking responsibility for the care of family members and children affected by HIV/AIDS.

A report on the State of South Africa's Population (2000) shows a high unmet need for contraception among teenagers and women living in the rural areas thus a very high teenage pregnancy turnout. The report therefore calls for empowerment programs for teenagers and rural women so that they can take control of their reproductive behavior.

Many children in South Africa have grown up without their fathers. In some parts, many women who are single parents run households because their husbands have gone away to work in towns of countries across the border. Many of the husbands also have died of AIDS-related diseases. Some women become single parents after losing husbands through war.

Of course, many have become single parents due to increasing number of divorces. Local figures indicate that, in South Africa, there were about 27,000 divorces in 1986 and 33,246 in 1987 and 32,524 in 1989. Two-thirds of these divorces involved children.

In 1985, more than 25,000 children were products of a home run by a single parent. September 1990 data shows that 73 percent of children in South Africa come from broken homes and 150,000 children had been affected by divorce in the last four years.

These figures surely have shot up by now.

The problem with divorce is that it is not only the marriage that disintegrates but also the children who get separated from one or both of the parents. South Africa is predominantly a patriarchal society and children have consequently suffered greatly due to absent fathers.

Men not facing their patriarchal responsibility have a profound effect on the collective consciousness of next generations of South Africans.

More concretely, effects of divorce on South African children include the increasing possibility for child exploitation. The increase of single parenthood in South Africa resulted to more orphans and street children as single parents opt to abandon their children because of extreme poverty.

In South Africa, foster parents actually receive more government funding than single parents resulting in the abandonment of young children because of the inability of single parents to provide for them. It is these children who most lack care and support and who are most at risk of being exploited.

Women single parents feel the stigma of being poor and unmarried, widowed or divorced and are under extreme pressure from the society. Single mothers who are looking for ways to support their children and who are very much willing to take huge risks to put some bread on the table are very vulnerable to prostitution and trafficking.

For these situations, government and non-government immediate assistance are direly needed. Employment opportunities, education and vocation trainings for single parents should be of great help.

One example of programs that help single parents is that which an NGO called SOS Children run in Mamelodi, Mandela Village. Vocational training courses are offered to single parents. Courses include beadwork and sewing (dressmaking).

Women, and some men, on the sewing course make clothes and knit jumpers, which they can then sell. This helps single parents generate a regular income so they can support their children. A number of single parents on this course are given grants to help them start-up their own businesses.

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