



## 10 ways to reduce single-parent stress

- 1. Set up a support system:** It is a misconception to believe people don't enjoy helping a friend in need. Seek help, create a support group, and use all the resources to help yourself. Giving a friend a break and then having your own break is vital for your mental health.
- 2. Maintain a daily routine:** Having a schedule takes away a lot of the unpredictable negative outcomes. Create a schedule with your children involving meals, chores, bedtimes and other family functions at regular hours so that your children know exactly what to expect.
- 3. Be consistent with discipline:** Expectations and delayed gratification should be taught early to help children thrive. Create rules that are consistent. If your child has another caregiver, discuss with them the rules and your rationale.
- 4. Answer questions honestly:** Answer your child's questions honestly and openly, but in an age-appropriate way. Maintain positive communication and provide a safe space for questions and curiosities. Make sure they get the resources they need/want.
- 5. Treat kids like kids:** It is easy to want to share the responsibility and rely too heavily on your child, especially as a single parent. Remember though, s/he does not have the emotional capacity nor the life experience to act as a substitute adult partner. Kids are kids.
- 6. Abolish "guilt" from your vocabulary:** Everyone wants to be the best they can and that can be draining and ultimately unhealthy. For your own well-being, it's better to focus on all the things you have accomplished, including the amount of love, attention and security you constantly provide, than the things you could be doing. Be your own cheerleader.
- 7. Enjoy quality time with your children:** Set aside time each day to enjoy your children. Make that this a priority. Spend time asking about their day and doing an activity with them. Focus on the love and on your relationship as a family.
- 8. Treat yourself:** It is very important to give time for yourself, even if it is 10 minutes a day. Explain the importance of it to your children and take time for yourself with no guilt. Give yourself something to look forward to at least once a week.

9. **Stay positive:** Practice gratitude journaling and remembering to see the positive things in everyday life. This will help you through the tough times. Maintain a positive attitude by getting regular exercise, maintaining a proper diet, getting enough rest, and gratitude journaling.
  
10. **Understand your finances:** One of the main struggles of being a single parent is the stress due to financial difficulty. Therefore, find time to organize your money and learn how to budget.

## Support List

### 1. Family and friends:

- Contact your family/ friends
- Create a monthly schedule and ask what days your family/friends could help
- Single parent sharing

### 2. Support group:

- Meetup: <https://www.meetup.com/cities/ca/bc/vancouver/parents-family/>
- Neighborhood Houses:
  - Gordon Neighbourhood House
  - YWCA
  - South Vancouver Neighbourhood House
  - Kits House
- Single Mothers Alliance BC: <https://www.singlemothersbc.org/>

### 3. Online resources:

- <https://guides.vpl.ca/c.php?g=698584&p=4971265>
- <https://www.oneparent.org/resources/>

### 4. Babysitters:

- Canadian Nanny: [https://canadiannanny.ca/nannies/canadautm\\_campaign=1025244230&utm\\_medium=cpc&utm\\_source=google](https://canadiannanny.ca/nannies/canadautm_campaign=1025244230&utm_medium=cpc&utm_source=google)
- Care: [https://www.care.com/en-ca/babysitter-rlp-sbn-s013-vancouver?rx=SEM|Google|Seeker|CC|285668563402|babysitter%20vancouver|c\\_S\\_CC\\_babysitter\\_05|babysitter\\_vancouver|e-|g&gclid=CjwKCAjwтуLrBRAIEiwAPVcZBpu7MnJs-VihpplbQ0wYG2V\\_ZjBv9SLYih7XDSTk7mKXfXiiJJH8KR0CkmUQAvD\\_BwE](https://www.care.com/en-ca/babysitter-rlp-sbn-s013-vancouver?rx=SEM|Google|Seeker|CC|285668563402|babysitter%20vancouver|c_S_CC_babysitter_05|babysitter_vancouver|e-|g&gclid=CjwKCAjwтуLrBRAIEiwAPVcZBpu7MnJs-VihpplbQ0wYG2V_ZjBv9SLYih7XDSTk7mKXfXiiJJH8KR0CkmUQAvD_BwE)
- Nannies on Call: <https://nanniesoncall.com/>

### 5. Government help:

- <https://www2.gov.bc.ca/gov/content/family-social-supports>

Resources from OneParent: <https://www.oneparent.org/resources/>

- Canada Child Tax Benefit: <http://www.cra-arc.gc.ca/bnfts/cctb/menu-eng.html>
- Child disability benefit: <http://www.cra-arc.gc.ca/bnfts/dsblty-eng.html>
- Universal Child Care Benefit: <http://www.hrsdc.gc.ca/eng/family/uccb/index.shtml>
- Registered Education Savings Plan: <http://www.canlearn.ca/eng/saving/resp/index.shtml>
- Nobody's Perfect: <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/parent/nobody-perfect.html>
- Single Parent Employment Initiative: <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/employment-planning/spei?keyword=single&keyword=parent>

## 6. Counselling:

### Youth:

- Broadway Youth Resource Centre - City University Community Counselling Clinic 604-709-5729
- Surrey Youth Resources Centre, Community Counselling Clinic 604-592-6200

### Individual and Family Counselling:

- SUCCESS: 604-408-7266 or 604-684-1628
- MOSAIC: 604-254- 9626

### Mental Health:

- Kelty's Key Online Therapy - Vancouver Coastal Health - 604-675-3700
- Vancouver Coastal Mental Health - Vancouver Hospital - 604-675-3710
- Bounce Back Program - Canadian Mental Health Association - 1-866-639-0522

### General:

- Family Services of Greater Vancouver, Counselling Program - 604-874-2938
- Family Services of the North Shore - 604-988-5281
- Scarfe Counselling - UBC - 604-827-1523

## 7. Apps:

Bill Tracker  
Checkbook  
IPassword  
Pocket  
Grocery Pal  
Alarmed  
Calendar

Errands  
Allrecipes  
Peanut  
Mush

