

SINGLE PARENTING

As single parents, we are tasked with setting the tone/standards for the emotional, psychological, developmental and spiritual well-being of our children; and while the task is daunting at times, our children's mental health (birth through the teen age years) rest securely on our shoulders. According to research, the parent-child relationship is crucial for the promotion of healthy child-development and trusting relationship. Despite the myriad responsibilities of the single parent, time must be spent expressing love, care, concerns, expression of maternal or paternal pride and positive reinforcement. All children require sensitivity to their needs in order to thrive, grow and learn. "It is not an easy task."

NO EASY TASK

CHILDREN ARE TO BE
DISCIPLINED

As a parent and a social worker in the field of human services, specifically, Child Welfare and working for almost thirty (30) years, I have seen the devastation of parental neglect on the lives of children, teens, and youths.

Parents, let me remind you that children are to be disciplined and not to be neglected; abused and or maltreated. They should be disciplined with love. While acknowledging that being a single parent mom or dad is no easy task let me challenge you to ask yourself these questions: (a) "What strengths do I bring to my family? (b)What role do I play? (c)What kind of a parent am I? (d)What is my parenting style?"

AUTOCRATIC
PERMISSIVE

Before you answer! Remember that your style of parenting is closely linked to how you were raised. Don Dinkmeyer and Gary D. McKay identified three parenting styles: (i) the autocratic, (ii) permissive and (iii) democratic parent. So which one are you? Before you choose think about whom and what influenced your parenting style. Is it your parents, other relatives, your religious beliefs, culture, current environment, life stressors, etc?

A GIFT

Remember our children are like A HAND WOVEN QUILT, they are A GIFT FROM GOD TO ALL PARENTS "For you created my inmost being; you knit me together in my mother's womb." **Psalm 139:13TNIV.**

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