



# Tips for Single Parents

- ▶ As much as is possible, aim to make **EMOTION FREE DECISIONS**.
- ▶ Ask the Lord to help you with your worries and fears concerning your children, covering them with prayer daily and intentionally. (see Stormie Omarian's 'The Power of a Praying' books.)
- ▶ Use your time when your child/ren are away from you **WISELY**. (see a friend, have a rest, take a bath, etc to replenish yourself).
- ▶ Prioritise your home and work duties **REALISTICALLY**.
- ▶ Cultivate in your children a prayer and devotional life so as they have a personal relationship with the Lord that is theirs rather than yours.
- ▶ **LOVE** and **DISCIPLINE** your children, setting rules and routines and give them some household responsibilities despite what the other household and parent may or may not be doing.
- ▶ **GIVE UP** trying to control what happens in the other home. Instead- **TRUST** that **GOD IS BIGGER** than your ex'es influences.
- ▶ **REMEMBER** that your children **BELONG TO GOD** and that **HE** loves and protects your children far better than you can.
- ▶ **ASK** for **HELP**.
- ▶ **JOIN** a **SUPPORT GROUP**.