

Figure 4.1

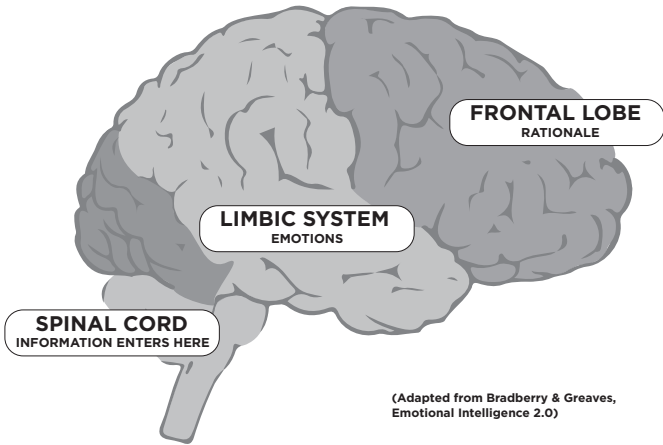
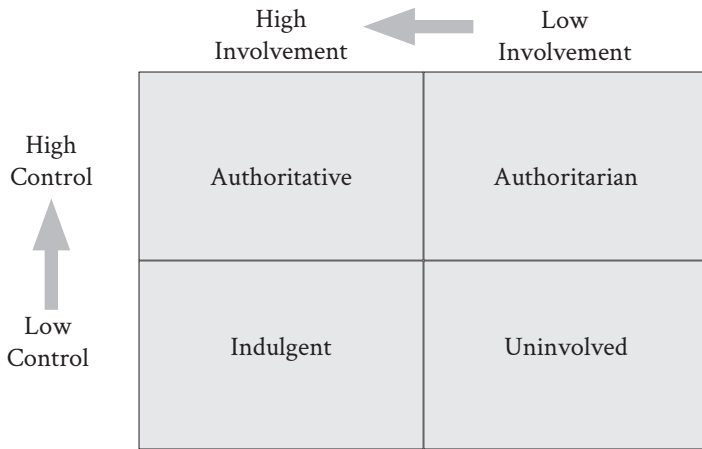


Figure 5.1 Basic Parenting Styles



POSITIVE STEPS FOR SINGLE PARENTS¹¹

Organization	Managing Family Responsibilities
Make “to-do” lists	Make reliable care arrangements
<i>Pare them if necessary</i>	Use a mix of paid, volunteer caretakers
Simplify tasks	Plan for the unexpected
Easy-to-prepare food	Have a “lifeline” or back-up care plan
Combine errands into one trip	Spend quality time with loved ones
Plan ahead	Helps you and your child
Lay out clothes the night before	Keep communication lines open
Pack book bags, lunches the night before	Ensure your child can reach you
Get organized	Ensure you, caretakers can reach each other
Use your smart phone, fridge board	Develop a united front
Use your time off to your advantage	Caretakers should know, follow your rules
Precook, freeze meals	Keep discipline style, expectations consistent
Perform car maintenance	
Enlist help	
Delegate tasks when appropriate	
Prioritize activities	
Learn to say “no” when needed	
Spending Quality Time Together	Household Management
Spend one-on-one time with your child	Use a family calendar
No distractions or others involved	Keep track of all appointments in one place
Enjoy relaxed, quiet time with your child	Review commitments weekly to plan
Walks, bike rides, etc.	Set up a central command station
Establish rituals	Mail, keys, things for next day in one place
Special meal night, etc.	Reduce clutter
Let your child see your fun side	Save time by not looking for things
Hobbies, interests, laughter	Use checklists
Develop common interests	Grocery lists, chore lists, etc.
Allow your child space	
Set up rules for mutual respect	
Tone of voice when speaking	
Apologizing when wrong	
Listening without interruption	

¹¹ *Single Parenting*. Life Event Management Services #7574; US Department of Health and Human Services; 2011 (used with some adaptation).

Appendix A

Focusing on the Positive

Your family

Single parents often form strong bonds with child

Your child

Opportunities for growth, maturity, independence

Your coparent

Model the respect that you wish to receive

Find ways to cooperate when possible

Communicate clearly and effectively

Yourself

Improved organization, self-reliance

Communicating about Being a Single Parent

Talk early

Children typically more aware than we think

Initiate the conversation

Seek appropriate, safe times to talk openly

Be open

Your child should feel safe to express feelings

Tailor the message

Consider developmental stage, maturity of child

Communicate well

Be encouraging, supportive, and honest

Be patient; listen without interrupting

Taking Care of Yourself

Practice Sabbath

Prayer, Bible reading, quiet time with God

Set aside time each day to recharge

Eat a balanced diet

Avoid consistently eating from a bag or on the run

Exercise regularly

If time is an issue, make routine choices that increase physical activity

Establish good sleep hygiene

No eating or screen time while in bed

Adjust schedule as necessary to accommodate six–eight hours of sleep per night

Establish a good support system

For your child (mentors, friends, extended family)

For you (support groups, fellowship networks)

Develop a social life separate from your child

Seek help when needed

Pastoral support

Professional counseling

Figure 8.1 The Relationship Cycle (Miller, 2004)

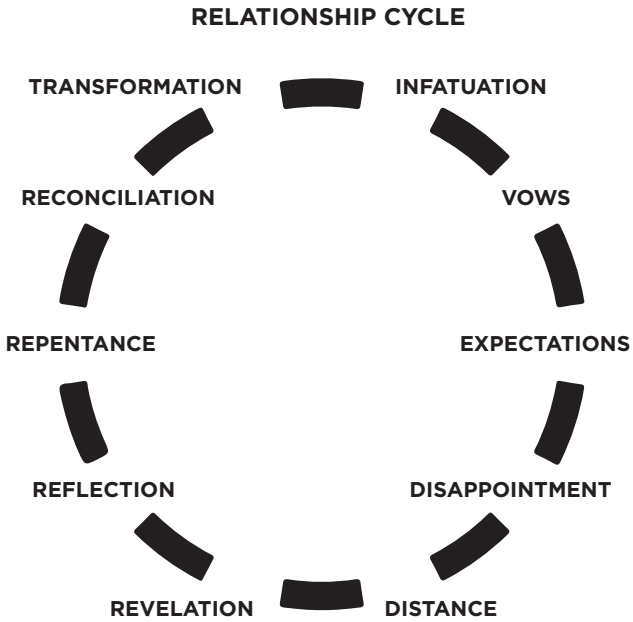


Figure 8.2 The Aborted Cycle

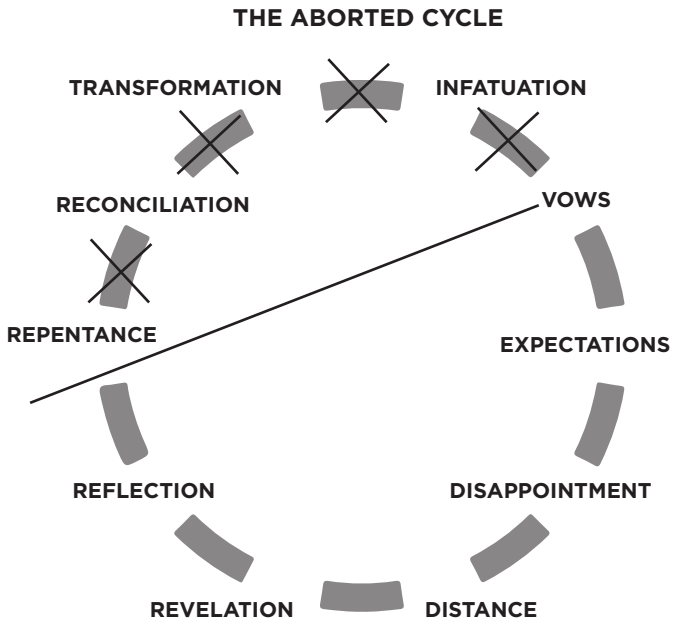


Figure 12.1 Content and Intent

NEGATIVE CONTENT, NEGATIVE INTENT	POSITIVE CONTENT, NEGATIVE INTENT
<p>GOSSIP (TITUS 3:2-4)</p> <p>SLANDER (EXODUS 20:16)</p> <p>LIES (REVELATION 21:8)</p> <p>BELITTLING (RAILING) (I CORINTHIANS 5:11)</p>	<p>FLATTERY (PROVERBS 29:5)</p>
<p>REBUKE (ECCLESIASTES 7:5)</p> <p>ENTREATY (I TIMOTHY 5:1)</p>	<p>ENCOURAGEMENT (SEE COMMENT BELOW)</p> <p>COMFORT (I THESSALONIANS 4:18)</p> <p>BLESSING (ROMANS 12:14)</p> <p>EDIFICATION (I THESSALONIANS 5:11)</p> <p>GRATITUDE (I THESSALONIANS 5:18)</p>
NEGATIVE CONTENT, POSITIVE INTENT	POSITIVE CONTENT, POSITIVE INTENT

Appendix B

Benefits of Gratitude

Physical

- Improved sleep
- Reduced illness
- Increased energy
- Increased exercise
- Longer life

Emotional

- More relaxed
- More positive mood
- More resilient
- Better memories
- Less envious

Personality

- Less materialistic
- Less self-centered
- More optimistic
- Increased self-esteem
- More spiritual
- More socially outgoing

Vocational

- Better management
- Improved networking
- Goal achievement
- Increased productivity
- Improved decision-making

Social

- More socially outgoing
- Healthier marriage
- Deeper relationships
- More friendships
- Kinder

Figure 12.3

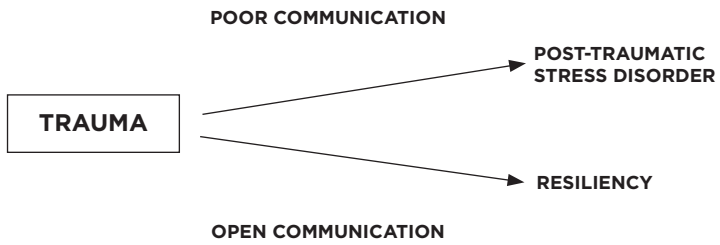
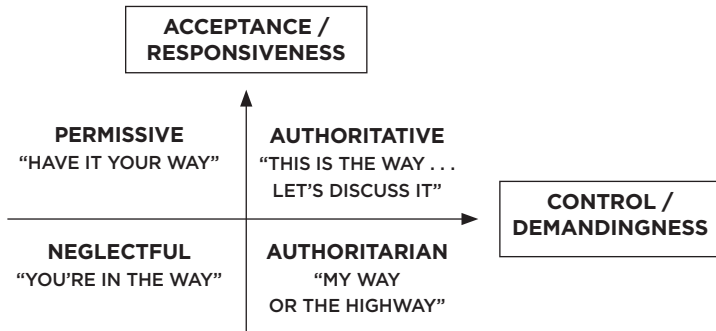


Figure 12.4



PRO TIPS FOR COMMUNICATION⁹

<i>Establishing Healthy Communication Skills</i>	<i>Managing Emotions</i>
<i>Listening</i>	<i>Self-awareness</i>
<i>Don't interrupt</i>	<i>Seek to understand reasons for actions</i>
<i>Empathize</i>	<i>Self-control</i>
<i>Show respect</i>	<i>Consider results of actions before taking them</i>
<i>Reserve judgment</i>	<i>Relaxation</i>
<i>Listen for what isn't being said</i>	<i>Learn to take deep breaths; slow down</i>
<i>Use (and observe) body language</i>	<i>Problem-solving</i>
<i>Talking</i>	<i>Seek the underlying cause of emotion</i>
<i>Use "I" phrases (they're less threatening)</i>	<i>Positive thinking</i>
<i>Encourage open-ended conversation</i>	<i>In conflict, assume positive intent</i>
<i>Restate what has been said</i>	<i>Managing stress</i>
<i>Respond, rather than reacting</i>	<i>Set aside personal time (meditation, prayer)</i>
<i>Be specific; stick to the discussion at hand</i>	<i>Changing the scene</i>
<i>Avoid lecturing</i>	<i>Learn to change negative environments</i>
<i>Be positive; seek to outweigh criticism</i>	<i>Find distractions (if emotions overwhelm)</i>
	<i>Model appropriate behavior</i>
	<i>Example what you desire to see in others</i>

⁹ *Single Parenting*. Life Event Management Services #7574; US Department of Health and Human Services; 2011 (used with some adaptation).

Appendix C

Resolving Conflict

Determine underlying cause of the conflict

Best approached prayerfully

May require professional help

Pay attention to patterns

Consistent themes require work

Random conflicts may indicate attention-seeking

Don't attempt resolution when emotions are high

Table the issue; agree to revisit later

Set up routine times for discussion

Family council to set goals, discuss rules

Building Self-Esteem

Sincerity

Use specific, meaningful praise

Security

Love, stability should be foundational

Involvement

Supporting one another in activities denotes value

Belonging

Engage with a community of caring people

Purpose

Explore God's plan for each family member

Trust

Keep promises to others

Trust them to keep promises to you

Responsibility

Help each family member to develop in his/her role

Decision-making

Support agency of each family member

Acceptance of failures and mistakes

Frame them as learning opportunities

Use the moment to demonstrate consistency of love

Appendix C

Structure, Limits, and Discipline

Parents are parents; children are children

A family is not a democracy; parents should lead

Set clear expectations

House rules may be posted as a reminder of what is to be done, not to be done

Be consistent

Predictability is nurturing for children

Follow through with consequences

With rewards

With punishments

Be proportional

Avoid magnified consequences for small achievements or offenses

Pick your battles

Respond; don't react (or worse, overreact)

Don't forget positive feedback
