

# Surviving Single Parenthood: An Essential Guide to Thriving as a Solo Parent

Single parenthood is a courageous endeavor that brings forth both challenges and profound rewards. In her groundbreaking book, "Surviving Single Parenthood," renowned author and single mother Jeannie Freis offers an empowering guide to navigating the complexities of raising children alone. With empathy, practical advice, and a wealth of real-life stories, she empowers single parents to not just survive but thrive, fostering resilient children and fulfilling lives for themselves.

Freis begins by acknowledging the unique challenges faced by single parents. From financial constraints to emotional struggles, the path of single parenting is often filled with obstacles. She provides a supportive and understanding framework, reminding readers that they are not alone and that there is hope amidst the challenges.

Recognizing the importance of support, Freis emphasizes the need to build a strong network of family, friends, and community resources. She offers practical tips for reaching out to others, finding mentors, and accessing support groups. By surrounding themselves with a caring and supportive community, single parents can create a stable foundation for their children and themselves.

## **Surviving Single Parenthood** by Jeannie Freis

★★★★★ 5 out of 5

Language : English

File size : 848 KB

Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 121 pages  
Lending : Enabled



Time management is crucial for single parents who juggle the responsibilities of parenting with the demands of work and personal life. Freis provides strategies for prioritizing tasks, setting boundaries, and making the most of the time available. She also highlights the importance of self-care, encouraging single parents to prioritize their own well-being to effectively navigate the challenges.

Raising children as a single parent requires a focus on fostering resilience and emotional well-being. Freis offers guidance on talking to children about divorce, explaining family dynamics, and creating a stable and loving environment. She emphasizes the importance of open communication, positive parenting techniques, and seeking professional help when needed.

Surviving single parenthood is not just about raising children but also about empowering oneself. Freis encourages single parents to invest in their own education, pursue their dreams, and build fulfilling lives outside of parenting. She shares her personal journey of resilience, overcoming obstacles, and finding joy amidst the challenges.

Single parents often face stigma and discrimination in society. Freis challenges these misconceptions, advocating for the strength and

resilience of single-parent families. She provides tips for countering negative stereotypes, building confidence, and finding support from a community that understands the unique challenges of single parenting.

Freis concludes the book with a message of hope and optimism. She reminds single parents that they are not defined by their circumstances and that with determination and support, they can create a fulfilling life for themselves and their children. She encourages them to embrace their journey as an opportunity for growth, resilience, and self-discovery.

- **Title:** Surviving Single Parenthood
- **Author:** Jeannie Freis
- **ISBN:** 978-1400201603
- **Publisher:** Da Capo Press
- **Publication Date:** April 1, 2007
- **Pages:** 256

Jeannie Freis is a single mother, author, speaker, and advocate for single parents. She is the founder of The Single Parents Network, a non-profit organization dedicated to providing support and resources to single parents. Her work has been featured in numerous publications and media outlets, including The New York Times, The Washington Post, and The Today Show.

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