

mom's part also models backbiting and sabotage for the children. Mom should keep her negative emotions about the children's father to herself and not confide in the kids. Close friends and therapists are best for this.

Take Care of yourself

One parent raising the children alone may feel drained and pass it on to the kids emotionally. Even if mom doesn't pass it on in obvious ways by yelling and snapping at them, the children will feel it and sense it. When the flight attendant on a passenger aircraft demonstrates the oxygen mask, she always instructs us to put it on us first and then to put it on our children. This illustration demonstrates that we must first take the measures to take care of ourselves so that we can effectively take care of our children. With an already over extended schedule, it may seem impossible for a single mom to take time out to take care of herself. But if she truly wants to be the best single mom for her kids, she must find a way to make it happen.

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