



# **A Complete Guide for Single Moms: Everything You Need to Know About Raising Healthy, Happy Children on Your Own**

*Janis Adams*

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Recent statistics from the U.S. Census Bureau show there are 9.9 million single mothers in the United States. This number is up from only 3.4 million in 1970, showing that single motherhood is more common than ever. For every mother recently finding herself single, or new moms learning how to raise their first child by themselves, there are countless things any mother will need to know. Single motherhood presents innumerable situations that are much harder to handle without the helping hands of a second parent nearby. But one of the best ways to prepare yourself for success as a single mother is to arm yourself with knowledge about what to expect with single parenting. *A Complete Guide for Single Moms: Everything You Need to Know About Raising Healthy, Happy Children on Your Own* is for every mother who is learning how to raise children on her own. Regardless of how you came to be a single mom whether it was through divorce, the end of a relationship, surrogacy, adoption, unplanned pregnancy, or by the death of a spouse this book will walk you through the information you need to know to help you and your child adjust to a new lifestyle. The book covers what to do when pregnant and single and how to rely on your family and friends for support and help. You will learn the basics of early childcare, including what a child needs in its first year, from breastfeeding and diapers, to clothing and travel. You will learn what to expect as your child grows, including the early years of school and the problematic teenage years. This book teaches you how to take care of yourself in addition to your children, which includes knowing how to find rest and work your way back into dating. You will learn how to prepare yourself for the sacrifices you will be forced to make and how to handle financial matters while raising a child alone. Even the difficult topics are covered, such as the first times you must discuss with your child why his or her father is not present. You will learn when you can fill in as a father figure, when you cannot, and what you can do to provide the male influence and support children need during those formative years. If your child's father is involved, this book will teach you how to work with him. You will learn how to raise a boy as a single mother and find positive role models for your children. We've conducted multiple interviews with successful single mothers, as well as with experts in child care, to provide a comprehensive outlook on everything you can expect as a single parent on your own from the first few weeks of stress to the later years of toilet training, proper diet, allergies, health care, and learning to talk. From conception to graduation, the life of a single mother is a trying, challenging road to travel. With *A Complete Guide for Single Moms* in hand, you will have what you need to raise a healthy, happy family.

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