

New Strength for Parents and Children

New Strength for Single-Parent Families

If you are solely responsible for raising a child, everyday life can be stressful. As a single parent, you are a comforter, an organizer, and a playmate all at once. But where can you find the strength when you are already exhausted? Resilience can help.

In this newsletter, you will learn what resilience is and why it is important. We will focus on both your resilience and your child's resilience.

10-minute read | #StrongParents #ResilienceInEverydayLife #SingleParentFamily #StrongTogether #ActiveDailyLife #Mindfulness



Dear parents,

everyday life for single parents is often stressful. One parent takes care of the children alone. Mom or Dad goes to work and manages the household.

In addition, many appointments and responsibilities need to be organized.

This often leaves little time for your own needs. As a result, many single mothers and fathers feel overwhelmed.

They often feel that they are constantly needed. Some also worry about things such as finances or not having enough time.

When there is no one to share responsibilities with, daily life can become even more challenging. That is why it is important to take care of yourself as well. Resilience can help with this.

Resilience means:

You are able to cope with difficult situations. After stressful experiences, you can regain your strength.

Resilience does not mean:

That you always have to be strong. Resilience means maintaining your balance even during difficult times.

The good news is:

Resilience can be learned. Even small changes in everyday life can make a difference. When you take good care of yourself, it also benefits your child.

Children learn a great deal from their parents. They observe what their parents do. No one has to be perfect. Often, small things are enough to help you recharge your batteries.

The following tips will show you how to strengthen your resilience.



GENERAL TIPS

Take short breaks –

Even a few minutes of rest can give you new energy.

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Accept help –

Support can make everyday life easier and stronger.

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Notice small successes

Focus on what went well.

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Enjoy time together –

Shared moments strengthen the whole family.



PRACTICAL TIP

The Feelings Shield

This activity can help your family learn how to cope better with emotions and difficult situations. You talk together about feelings. You think about what helps during challenging moments. In doing so, you discover your family's strengths.

How to play:

- **Prepare the shield:** Draw a shield or a large heart on a sheet of paper. Divide it into as many sections as there are family members participating.
- **Feelings check-in:** Sit down together. Each person thinks about the question: Which feeling was especially important today? For example: Happiness, anger, worry, or tiredness. Each person shares their feeling.
- **Design the shield:** Create a section for each feeling. Use colors or pictures. For example: a sun for happiness, a lightning bolt for anger, a cloud for tiredness or a tangled ball of yarn for worries
- **Activate your superpower:** Think together: What helps when you feel this way? For example: Stomping your feet loudly can help with anger. Cuddling can help with tiredness. Talking to someone can help with worries.
- **Fill the shield:** Write down or draw the ideas in the appropriate sections. At the end, you will have a family shield. The shield serves as a reminder of what can help you during difficult situations. Talk to your children about your feelings. Encourage them to talk about their feelings as well. This strengthens your family's resilience.



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HEALTH TIP FOR PARENTS

Children need healthy parents.

If you are raising your child on your own, it is especially important to take care of yourself. You need energy for everyday life. If you never allow yourself breaks, you may become exhausted. The following tips can help:

- **Self-appreciation:** Be kind to yourself. Give yourself credit for what you accomplish every day.
- **Set boundaries:** It is okay to say no sometimes. You do not have to take on every task.
- **Hilfe holen:** Ask for help. There are **counseling services** for single parents. They can provide guidance and support.
- **Connect with others:** Talk with other parents. For example, through **parent groups or parent cafés**. There you can meet other people and share experiences. You do not have to do everything on your own.



More health tips for the whole family can be found on **our website**.



FURTHER INFORMATION

The Foundation Müttergenesungswerk offers health retreats and other support services for single mothers and fathers.

You can find more information **HERE**.

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At "Gut Alleinerziehend", you will find practical tips for everyday life.

You can also read stories from other single parents and connect with them.

You can find more information **HERE**.

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Would you like to learn more about children's health?

Then follow us on **social media**.



Best regards,
The RAKUNS Team



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