

Meeting the Challenges of Single-Parenting

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Prague, Czech Republic, October 2003

What are some of the various needs and challenges of single parenting? In this session, we will seek to better understand the dynamics of single parenting including looking at specific issues involving children who are experiencing death or divorce. We will also discuss practical ways to develop a support system as well as utilizing the technique of “selective neglect” in dealing with issues of task management and problem solving.

Gain control of your life with an overload of responsibilities and limited resources

Practice selective neglect

Can take three approaches to problems:

- ◆ Solve them?
- ◆ Manage them?
- ◆ Endure them?

The discipline of children

- ◆ Now personal, not by consensus: a new dynamic in family relationships
- ◆ Difficulties with consistency and consequences

How to create a support system

- ◆ Professional: teacher, counselor, lawyer, financial advisor, pastor
- ◆ Casual: for baby-sitting, emergency situations, sickness, and access to free time