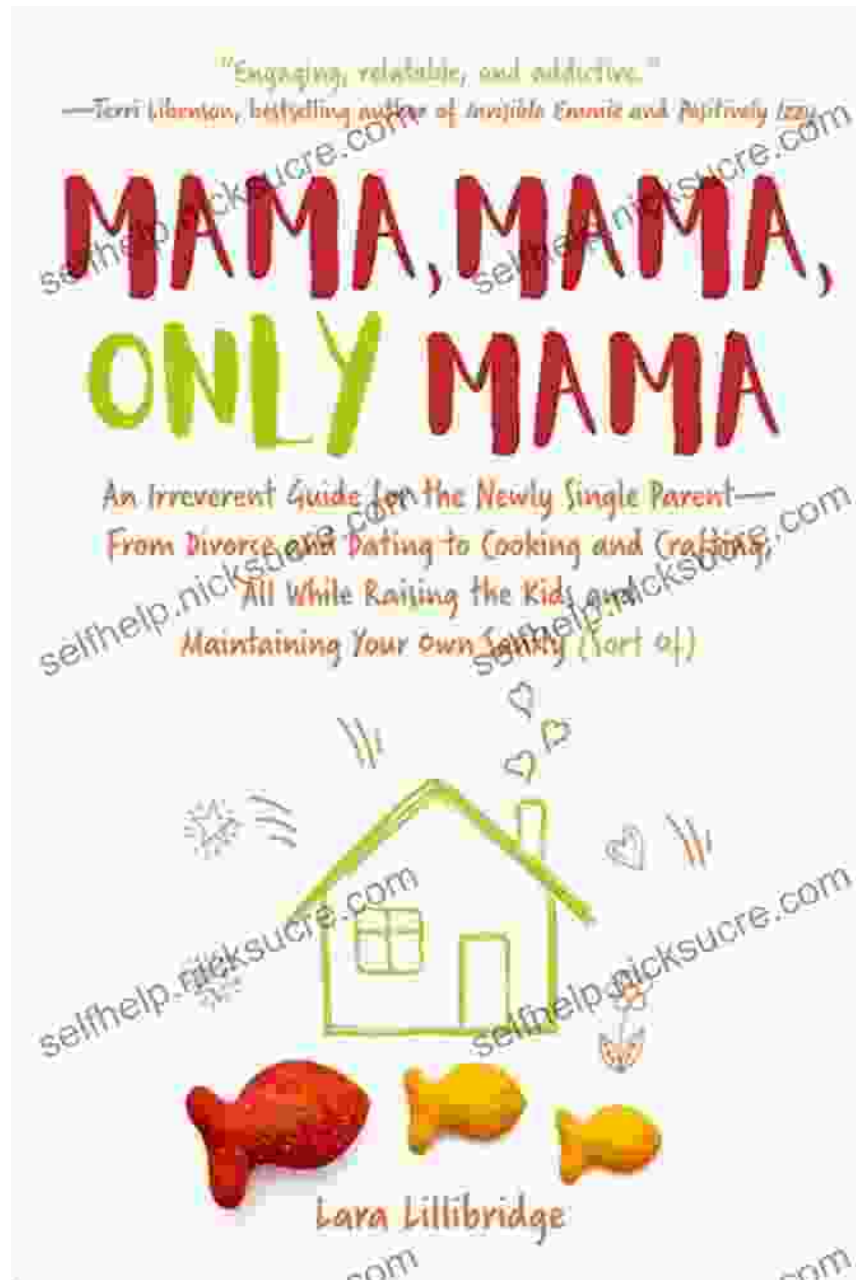
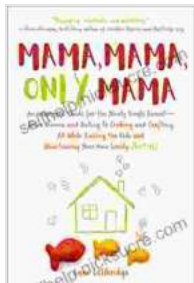


An Irreverent Guide For The Newly Single Parent From Divorce And Dating To...



Congratulations! You're newly single and have the opportunity to start fresh. This can be a daunting task, but it's also an exciting one. You're free to make your own choices, do what you want, and date who you want. But

with all this freedom comes a lot of responsibility. You're now responsible for taking care of yourself and your children, and that can be a lot to handle.



Mama, Mama, Only Mama: An Irreverent Guide for the Newly Single Parent—From Divorce and Dating to Cooking and Crafting, All While Raising the Kids and Maintaining Your Own Sanity (Sort Of) by Lara Lillibridge

★★★★☆ 4.7 out of 5

Language	: English
File size	: 7722 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 390 pages
Lending	: Enabled
Screen Reader	: Supported



If you're feeling overwhelmed, don't worry. You're not alone. Millions of people go through divorce every year, and many of them are single parents. There are plenty of resources available to help you through this transition, and you can also find support from friends, family, and other single parents.

This guide will provide you with some tips and advice on how to navigate the challenges of being a newly single parent. We'll cover everything from dating to co-parenting to taking care of yourself. We hope this guide will help you to make this transition as smooth as possible.

Dating

Dating can be a great way to meet new people and find love. But it can also be a challenge, especially if you're a single parent. Here are a few tips to help you get started:

- **Be honest about your situation.** Let potential partners know that you're a single parent. This will help to weed out people who aren't interested in dating someone with children.
- **Don't be afraid to ask for help.** If you need a babysitter, ask your friends, family, or other single parents. This will give you some time to go out and have some fun.
- **Be patient.** Finding love takes time. Don't get discouraged if you don't meet the right person right away. Keep putting yourself out there, and eventually you'll find someone special.

Co-Parenting

If you have children with your ex-spouse, you'll need to develop a co-parenting plan. This plan should outline how you will share custody, make decisions about your children, and communicate with each other. Co-parenting can be challenging, but it's important to remember that you're both parents and you want what's best for your children.

Here are a few tips for co-parenting:

- **Communicate regularly.** You need to be able to communicate with your ex-spouse about everything that pertains to your children. This includes sharing information about their schedules, activities, and health.

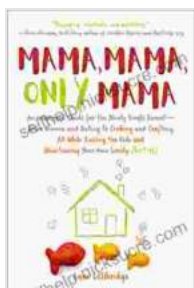
- **Be flexible.** Things don't always go according to plan, so you need to be flexible and willing to compromise. If something comes up and you can't make it to your scheduled visit, be sure to give your ex-spouse plenty of notice.
- **Put your children first.** Always remember that your children's needs come first. Make decisions that are in their best interests, even if it's not what you want.

Taking Care Of Yourself

Being a single parent is a lot of work, so it's important to take care of yourself. Make sure you're getting enough sleep, eating healthy foods, and exercising regularly. You also need to make time for yourself to do things you enjoy. This could include reading, watching movies, or spending time with friends.

Taking care of yourself will help you to be a better parent. When you're happy and healthy, you're better able to take care of your children and make good decisions for them.

Being a newly single parent is a challenge, but it's also an opportunity to grow and learn. By following the tips in this guide, you can navigate this transition and create a happy and fulfilling life for yourself and your children.



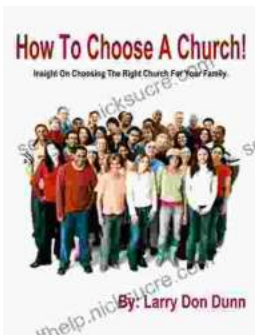
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