

# Parenting Alone

A black and white photograph of a woman walking away from the camera in a park. She is carrying a baby in her arms and holding the hands of a young girl on her left and a young boy on her right. The background shows trees and a path. The text 'Parenting Alone' is overlaid on the left side of the image.

# Parenting Alone

**Arthur E. Jongsma, Jr., David J.  
Berghuis**



## **Parenting Alone:**

I am the Parent who Stayed Nina Farr, 2018-03-09 It's hard to be left taking care of your family all by yourself Parenting alone in the wake of domestic violence intense conflict or traumatic unexpected events makes being the parent who stayed even more difficult Are you standing in the ruins of your family wondering what the hell you have to do to get back to being ok again Has the amount of conflict aggression and shame that came with separation divorce floored you and your kids You deserve to be happy no matter how awful this has been Parenting alone after traumatic family breakdown is relentless lonely scary and hard The nights you sit on the stairs crying after the kids finally fall asleep The days you can barely get out of bed but push on through because no one else is going to pick up the pieces The times you watch your children crumple into anger despair and frustration and you simply don't know what to do If you feel that you're stuck in the trenches this book is for you It's for you if even lifting your eyes to the path ahead feels like putting yourself in the firing line It is for you if you're just about getting through the day you're in It's for you if you know that life cannot change when you have no perspective no vision and no plan You can figure out how to pick up all the broken pieces of your life and put them back together again Nina Farr TED Speaker Author and Leadership Coach plus ex lone parent to two under two can show you how because she's been there

**The Gay Uncle's Guide to Parenting** Brett Berk, 2010-06-23 When your toddler's bowel movements seem more important than world peace mealtimes require strategic negotiations and you haven't had a night out in eight months it's time to admit something needs to change Let Gay Uncle Brett Berk take you by the hand and walk you down the path to parental enlightenment With over twenty years of experience working with young children but no kids of his own Brett uses his expert outsider's perspective to break moms and dads out of the Parenting Bubble an alternate universe where under table dining Everest like toy piles and hourly tantrums somehow seem normal Packed full of candid advice handy checklists and hilarious stories of parents even crazier than you The Gay Uncle's Guide to Parenting reveals how consistency patience and keeping your emotions in check are key to overcoming almost any parenting struggle and will help your kids gain the structure they need to develop and learn new skills and allow you to be a person as well as a parent Learn how to form a Sitter Stable and get out of the house on a regular basis Read about how Lifeboating carting around too much stuff limits your child's development and how you can avoid it Discover the magic of the EAR Method for talking to kids Explain Adjust Redirect It really works Uncover the truth behind tantrumming and find out how you can put out the fire instead of fanning the flames

**Parenting for Humans** Dr. Emma Svanberg, 2023-10-17 You will learn why you parent the way you do how to grow into your own parenting role and ultimately how to parent the unique child you have Dr. Becky Kennedy clinical psychologist 1 New York Times bestselling author of Good Inside This is not a parenting book it's a book for parents exploring what we bring to the parenting journey and how we can gain confidence in ourselves not just as parents but as whole human beings There's always that moment as a parent when you feel like no matter how hard you're trying you just

can't get it right But the fact is parenting is hard and once we know this and why we can forgive ourselves for finding it a struggle and start to look for the things that make parenting a joy As well as learning to parent ourselves it will show us how to parent the child we actually have not a textbook version but our complicated messy child with their own powerful needs And by tuning into their language learning how to hold them not mold them we can really start enjoying them for the funny and unique human beings that they are With the right support and guidance we can all totally do this parenting thing and grow a positive and loving relationship that will last forever

*Intentional Parenting* David Thomas, Sissy Goff, Melissa Trevathan, 2013 *Intentional Parenting* is built around 12 chapters that each dispel some of the most common parenting myths and reminds all parents of truths that can empower them to be not only the parents that their children need but that God has called them to be

**Widow to Widow** Phyllis R. Silverman, 2004 *Widow to Widow* powerfully links theory and practice perspectives through the extensive use of case illustrations its comprehensive knowledge base and the challenge to the professional monopoly of bereavement care makes this an important text for all carers new or experienced who are offering support to the widowed Linda Machin in *BereavementCare* Vol 25 No 2

**Co-Parenting Works!** Tammy G Daughtry, 2011-07-26 What if your child's life after divorce could be better than you've hoped for As the post divorce dust settles your child's chances of leading a healthy successful life are directly linked to how you and your former spouse relate So instead of listening to statistics read this book to discover real world co-parenting strategies from author counselor and co-parent Tammy Daughtry Discover how you can make positive co-parenting work for you and your child by Understanding how today's actions will affect your child in five ten and twenty years Teaming with your child's co-parent to develop strategies in the best interest of your children Helping your child feel at ease in both homes Increasing your child's self-esteem while minimizing anxiety Integrating stepparents into your co-parenting team Co-parenting isn't easy But with these strategies for success you'll be prepared to create an enjoyable childhood and a healthy upbringing that will impact your child for a lifetime Take heart the future can be better and brighter than you've dared to hope

*How to Parent with Your Ex* Brette McWhorter McWhorter Sember, 2005-06-01 This manual is the only book designed for both residential and non-residential parents Formatted and printed in a back to back manner the book encourages both sides to understand the other's point of view and so enables both parents to make the most of time spent with the children *How To Parent with Your Ex* provides support for the difficult situation the non-residential parent is in and practical to the point advice about how to reap the most benefits from the visitation time available Conversely it addresses the role of the residential parent and the need to understand the changing relationships the child is going through By focusing on the child both parents are able to solidify a special relationship with the child and maintain necessary positive communication with the ex-spouse Appendices for this text include various parenting organizations publication resources related websites and sample visitation plans and schedules

*When Women Walk Alone* Cindi McMenamin, 2012-10-01 More and more women are finding themselves alone

in their Christian walk because of life's circumstances a lack of support from people in her home work or church being left out of the things she used to be included in being misunderstood and unable to explain Cindi McMenamin author of Drama Free offers personal encouragement and practical biblical steps for gaining strength in times of isolation and becoming resilient to not resentful toward loneliness Cindi's audience for When Women Walk Alone is a broad one single women women parenting alone women alone as the spiritual head of their household women facing challenging life situations women without close friendships And her message is timely every woman feels alone at some point in her life yet every woman needs someone to grow alongside her and to encourage her in her walk with the Lord When Women Walk Alone encourages readers to see alone times as unique opportunities for personal and spiritual growth Women will discover practical ways to find support from other women who feel alone in their lives celebrate their own uniqueness and grow through the lonely times gain strength for the challenges of parenting alone funnel loneliness in prayer into a new power in prayer alone with God rely on the Lord and others to overcome personal trials Using examples of biblical and contemporary women who emerged from a time of loneliness stronger and more complete Cindi also looks at the example of Jesus and the many times He was alone or sought out some alone time to draw strength from His Father [15-Minute Parenting 0-7 Years](#) Joanna Fortune, 2020-05-21 As featured in Grazia's 21 of the Best Parenting Books in 2020 Joanna's books give you every answer to every question you have as a parent with practical methods to tackle every obstacle and connect with your child and help them flourish Madeleine Shaw When I tried Joanna's approach during the first lockdown I was both comforted and excited by how such a small change could have such a big impact Dr Suzanne McClean Parenting is for life 7 days a week 24 hours a day and while it is one of the most rewarding experiences life can offer it can also be frustrating when faced with challenging behaviour But what if just 15 minutes of mindful playtime each day in you and your child's routine could change all that Play is the language of children It is how they communicate By rediscovering the joy of play as an adult you can access a whole new way to understand and respond to your child's needs Created with busy parents in mind psychotherapist and parenting expert Joanna Fortune has devised a simple but effective method to build quality playful time together at home structured around 15 minute games that can be easily incorporated into your existing daily routine From newborns to the age of seven her techniques are underpinned by research neuroscience and therapeutic theories and are designed to address common behavioural issues you will meet as your child grows including Anxiety Lashing out Whining Boredom Sibling rivalry Demands for independence 15 Minute Parenting 0-7 Years contains everything your child needs to grow into a happy confident and resilient adult 15 Minute Parenting 8-12 Years Stress free strategies for nurturing your child's development is also available now Praise for the 15 Minute Parenting series Now that we have to be teachers and coaches as well as parents and feel guilty and overburdened it's the perfect time for psychotherapist Joanna Fortune's new book Sunday Independent Absolutely love this I've read multiple parenting books as a daddy blogger and this is BY FAR one of my favorites Amazon

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**Parenting with Gumption and Grit** Judy McCarver, 2019-05-14 No one wants to fall out of relationship with their kids It's easier when they are little to stay engaged with them because they require so much physical presence On the other hand as they get older and become more self-sufficient being in relationship with our children can be a slippery slope IF we haven't been laying the groundwork and investing in our littles in the years prior we will pay the price when they become big This book teaches us lovingly and gently how to invest in our kids at every stage of their life from 0 to young adult But not only that when you read tips like Do the Next Right Thing we are reminded that it is never too late There are all kinds of voices around us and inside of us quick to feed us lies about what is possible and what is not when it comes to growing or reconciling relationships This book is practical truthful and hopeful Fertility, Health and Lone Parenting Fabienne Portier-Le Cocq, 2017-10-04 In Europe the percentage of lone parent families has risen from 14% to 19% between 1996 and 2012 Only in Greece and Finland did the rates fall while in Denmark and the Republic of Ireland the rise has reached or exceeded 10 percent As of 2017 there are 2.9 million lone parents with dependent children in the UK and nine out of ten lone parents are women Sadly lone parents are known to experience considerable social financial and health problems Fertility Health and Lone Parenting examines the way in which lone parents live their lives and how it impacts their health and well-being Topics explored in these interdisciplinary contributions include lifestyle nutrition and the mental health of both parents and children Unique empirical case studies within a European context help to expand the reader's understanding whilst also drawing comparisons between the impacts of lone parenting on young mothers fathers and their children A timely volume this book will appeal to undergraduate and postgraduate students interested in subjects such as Sociology of the Family Social Policy Social Work Gender Studies and Family Policy Single Parents Berit Åström, Disa Bergnehr, 2021-05-29 This edited volume addresses how single mothers and fathers are represented in novels self-help literature daily newspapers film

and television as well as within their own narratives in interviews on social media With proportions varying between countries the number of single parents has been increasing steadily since the 1970s in the Western world Contributions to this volume analyse how various societies respond to these parents and family forms Through a range of materials methodologies and national perspectives chapters make up three sections to cover single mothers single fathers and solo mothers single women who became parents through assisted reproductive technologies The authors reveal that single parenthood is divided along the lines of gender and socioeconomic status with age sexuality and the reason for being a single parent coming into play Chapter 11 is available open access under a Creative Commons Attribution 4.0 International License via [link.springer.com](https://link.springer.com)

**Birth And Beyond** Yehudi Gordon, 2020-08-13 Written by one of the world's leading obstetricians this extraordinary book takes a totally fresh look at what parenting means in the 21st century Addressing both parents the book looks at all aspects of life through the nine months of pregnancy and the following nine of the baby's life It is both a practical handbook for pregnancy birth and the early months of a new baby's life and a stimulating exploration of this period of enormous transition Taking a holistic approach it advocates integrated health care i.e. both conventional and complementary therapies and with its exhaustive medical content including a 160 page A-Z section also acts as a superb source of reference

**Womanhood and Girlhood in Twenty-First Century Middle Class Kenya** Besi Brilliant Muhonja, 2017-12-29 This study of twenty first century girlhoods and womanhoods charts a new area of scholarship on Kenya The chapters investigate questions related to how new rituals of girlhood and womanhood that materialize when religious indigenous and foreign worlds encounter each other are re structuring family and society recasting roles and informing fresh conceptualizations of African girlhood and womanhood The author's interdisciplinary analysis and writing journeys through the different stages of girlhood and womanhood as ritualized by Kenya's 21st century middle class and teases out the implications of these peculiarities to identity re creation and the restructuring of societies organs and traditionally gendered institutions Applying a critical African studies lens the arguments in this book center women as originators of action and thought without inquiring into a male other Essentially this work disrupts patri centered constructions and examinations of female bodies and identities The resulting deductions inform on the substratum of Kenyan girls and women's self definitions as manifest through their experiences and ritualized practices and articulate the impact of the performances of these bodies and identities on Kenyan and global societies

Why Single Parents Matter Amy Brown, 2023-11-23 In many countries around the world one in six families is headed by a single parent yet portrayals of single parents in the public eye are often one sided focusing on challenges and negative stories Many suggest that single parents are all young mothers living in poverty stress and regret Why Single Parents Matter takes a different approach focusing on supporting the wellbeing of single parents by examining the evidence behind the headlines and drawing on interviews with single parents from a broad range of backgrounds The book breaks down stereotypes highlights the stresses triumphs and perseverance of single

parenting and explores the ways we can all better support the single parents in our lives      **Putting Children First** Hanna McDonough, Christina Bartha, 1999-01-01 A step by step guide to the emotional work parents must do to make their divorce a success for themselves and their children The authors present practical instructions for conflict resolution and illustrate the importance of co operation in divorce      *The Veterans and Active Duty Military Psychotherapy Progress Notes Planner* Arthur E. Jongsma, Jr., David J. Berghuis, 2010-01-19 The Veterans and Active Duty Military Psychotherapy Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Veterans and Active Duty Military Psychotherapy Treatment Planner The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 39 behaviorally based presenting problems including nightmares post deployment reintegration combat and operational stress reaction amputation and or loss of mobility adjustment to killing and depression Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Veterans and Active Duty Military Psychotherapy Treatment Planner Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA      **Work, Parent, Thrive** Yael Schonbrun, 2022-11-01 2023 National Parenting Product Award Winner 2023 Next Generation Indie Book Awards Finalist Twelve practical strategies to experience more joy and feel less guilt as a working parent drawn from ACT the groundbreaking therapy technique that has helped countless people Dr Yael Schonbrun calls out the myth of the work life balance and offers practical strategies that can help us reframe our approach to working and parenting from the inside out Based in Acceptance and Commitment Therapy ACT these strategies won t create more hours in the day but they can shift how we label our experiences revise the stories we tell ourselves about working and parenting and recognize the value we get from each role Differing values and commitments pull working parents in opposite directions and the social supports families desperately need are lacking Yet even with these very real challenges we can find more peace and less stress Some of these strategies include Getting clear on our values and using these to help us make what often feel like no win choices around time and resources Practicing mindfulness in both parenting and working Subtracting less meaningful obligations from our lives These steps can help you crush both roles with examples from the author s research that show families of many shapes and backgrounds      The Single Mom's Devotional Carol Floch, 2011-08-25 When Carol Floch realized that her marriage was about to end and that she was about to join the ranks of moms left to raise their children on their own she could not stop crying She mourned her shattered hopes and grieved the loss of the family she had always dreamed of But



mostly she cried for her children Into Carol's grief regret and fear God's Spirit came with a message from Psalm 84 Build your nest near my altar and I will be your children's source of security protection provision and blessing In The Single Mom's Devotional Carol tells her story and shares with the sisterhood of single moms how they can build their family's nest in the protective shadow of God's presence Single mothers whether on their own after a divorce or a husband's death will discover how to find true life in Christ and allow the strength of that inner life to be the compass by which they navigate an unpredictable future Near God's altar the cross of Christ is where single moms will discover life through relinquishment power through dependence and hope through surrender Anchored at the foot of the cross readers will find daily security and hope as they nourish their souls and nurture their children at a place near God's altar *Attract Families to Your Church and Keep Them Coming Back* Linda Ranson Jacobs, 2014-05-20 To grow and remain vital churches need to attract families But the cultural landscape has changed and any church may have two parent families with children blended families boomerang families adult children of divorce and their families or lack of families single adults whose family is the church grandparents parenting again childless families co habitation families and children with three legal parents What ministries are helpful in attracting and keeping families active and engaged in the life and mission of the church This book will help church pastors and leaders navigate the changing tides in ministry to become the kind of church that families want to attend where the church's dynamic faith invites families who may then bring their friends This means reaching out to all kinds of families some with needs that only a church family can fulfill With practical helps and suggestions for ministries worship small groups and even facilities author and family expert Linda Ranson Jacobs will help you create a welcoming place for everyone

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