

The Single Mom Guide to Not Fully Ignoring Your Kids During a Pandemic

The COVID-19 pandemic has been a challenge for everyone, but single mothers have faced unique difficulties. With schools and daycares closed, many single moms have been forced to work from home while also caring for their children full-time. This can be a daunting task, and it can be easy to feel like you're not ng a good job at either one.



The Single Mom's Guide To Not Fully Ignoring Your Kids during a Pandemic by Elaine Royal

★★★★☆ 4.7 out of 5

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The Single Mom Guide to Not Fully Ignoring Your Kids During a Pandemic offers practical advice and support for single mothers who are struggling to balance work, childcare, and their own well-being during this challenging time.

Chapter 1: The Basics of Not Fully Ignoring Your Kids

In this chapter, you'll learn the basics of not fully ignoring your kids. This includes setting realistic expectations, creating a schedule, and finding

ways to connect with your kids even when you're busy.

Chapter 2: Working from Home with Kids

If you're working from home with kids, this chapter will provide you with tips on how to stay productive while still being there for your children.

Chapter 3: Childcare During a Pandemic

This chapter will discuss the different childcare options available to single mothers during a pandemic. You'll also learn how to find affordable childcare and how to create a childcare plan that works for you and your family.

Chapter 4: Taking Care of Yourself

It's important to take care of yourself both physically and mentally during a pandemic. This chapter will provide you with tips on how to get enough sleep, eat healthy, and exercise. You'll also learn how to cope with stress and anxiety.

Chapter 5: Finding Support

No one can do it alone. This chapter will provide you with resources for finding support from other single mothers, friends, family, and community organizations.

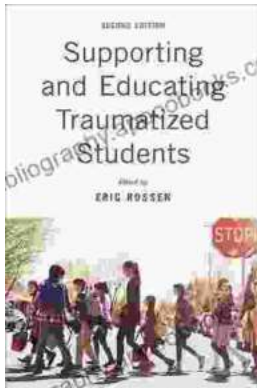
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