

# How Support Systems Benefit Single Parents



## Benefits Of A Good Support System



You find someone to acknowledge and understand your emotions.



You learn better coping strategies from other people.



You may find help with childcare.



You may be relieved to realize that you are not alone in this journey.



You look at your parenting experience from a broader perspective.

## Factors To Consider While Choosing A Support System



You should feel safe sharing your thoughts with them.



People in your support system should share your general philosophy about parenting.



If you join support groups, find out about their meeting schedules, membership fees, and facilities offered for your child.

### Reference:

Finding Support When You're a Single Parent;  
University of Rochester Medical Center