

Single Mum Skills

Why work harder to succeed as a single mum if all you need do is work smarter?

First, try using the help you have - your children-to lighten the tasks.

Have a weekly duties list (suited to a child's age) for laundry, cooking, vacuuming, dish washing.

This not only eases your workload, it also teaches the kids self reliance and responsibility.

Second, you certainly can't produce elaborate three course meals every night.

But you can be creative. One single mum has hot-dog dinners by candlelight, pizza and video nights, living room picnics with left-overs, etc. - and the kids love it.

Third, what about flare-ups - those fierce arguments with your kids? It's worth trying the silent "ten-minute break" idea.

Get your child to quietly write down his or her feelings.

Meanwhile you can calmly gather your own thoughts.

Although you may not agree with what's been written - the chance of a quiet, sane discussion becomes more likely when blood pressures have been allowed to subside.

Finally, think about this marvel: your prayers can reach all the way to heaven. That easily beats communicating -even over millions of kilometres - with a space craft on Mars. When your day is lived with God's guidance - seeking His help by prayer - you'll find it far better than a day without His guidance.

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GOOD NEWS IN BRIEF

"The Lord is my strength and my shield: my heart trusts in Him and I am helped."
Psalm 28.7 (NIV)

Ken Packer