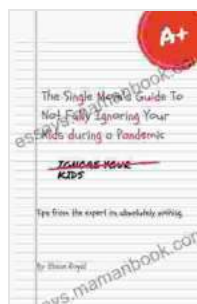


The Single Mom Guide to Not Fully Ignoring Your Kids During a Pandemic

Being a single mom is hard enough, but add a pandemic to the mix and it can feel impossible to give your kids the attention they need. You're working from home, homeschooling your kids, and trying to keep the house clean. It's no wonder that you're feeling overwhelmed and exhausted.

But even though it's hard, it's important to make time for your kids. They need your love and attention more than ever during this difficult time. Here are a few tips on how to not fully ignore your kids during a pandemic:



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

★★★★☆ 4.7 out of 5

Language	: English
File size	: 151 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 18 pages
Lending	: Enabled



1. Set aside some time each day for your kids.

Even if it's just for 30 minutes, make sure to set aside some time each day to spend with your kids. This could be a time to read together, play a game, or just talk. During this time, put away your phone and focus on your kids. Let them know that they're important to you and that you love them.

2. Be present when you're with your kids.

When you're spending time with your kids, be present. Don't be distracted by your phone, your work, or anything else. Give them your full attention and let them know that you're enjoying their company. This will help them feel loved and secure.

3. Listen to your kids.

Your kids have a lot to say, even if they don't always know how to express it. Take the time to listen to them, both when they're talking to you and when they're just playing. Let them know that you're interested in what they have to say and that you care about their feelings.

4. Be patient with your kids.

Kids are going through a lot right now, too. They're missing their friends, they're worried about the future, and they're feeling all sorts of other emotions. Be patient with them and understand that they're doing the best they can.

5. Don't be afraid to ask for help.

If you're feeling overwhelmed, don't be afraid to ask for help. There are many people who can help you, such as family members, friends, or even a therapist. Don't try to do everything on your own. Asking for help is a sign of strength, not weakness.

Being a single mom is hard, but it's also one of the most rewarding experiences in the world. By following these tips, you can give your kids the love and attention they need during this difficult time.



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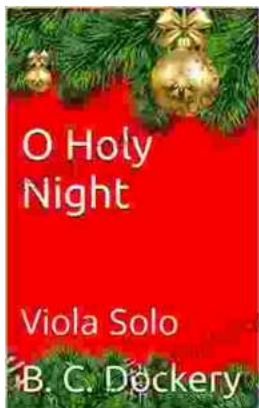
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