



Be a Great Single Parent: A Teach Yourself Guide (Teach Yourself: General Reference)

Suzie Hayman

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Helpful advice for going it alone as a parent

Be a Great Single Parent offers a step-by-step, sensible and jargon-free guide to all the things that most concern you as a single parent, from what it means emotionally, how to cope with the practical realities day-to-day, and how to socialize with other parents like you and benefit from the many support networks available. There is plenty of expert emotional support and useful advice for fathers, mothers and other family members whatever your domestic situation, and further resources throughout.

Includes:

- A practical rather than emotional approach, so is easy to use and accessible
- One, five and ten-minute introductions to key principles to get you started
- Lots of instant help with common problems and quick tips for success, based on the authors' many years of experience
- Tests in the book and online to keep track of your progress
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