

Top Strategies on being a single dad

1. **Set Goals for Yourself:** By setting specific objectives on a day-to-day basis, you can build a schedule that becomes a foundation for success in the future.
2. **Be prepared for short-term and long-term future:** Being a single parent means being able to predict when your child might have a need in the short-term or long-term future.
3. **Try to remain calm in challenging circumstances:** Every one of us requires a sense of release for the emotions we build up inside of us. But it's important to find the appropriate mechanism for releasing these emotions.
4. **Visitation Rights and Schedule:** Based on what was decided during your trial with the

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help of your lawyer on visitation rights for your ex, make a schedule for your child visiting the other parent so co-parenting becomes smoother and more efficient.

5. **Have fun:** Have fun with your child and spend quality time together. Visit the library, make a trip to the science center, take a walk in the park or go watch a movie.
6. **Successful Parenting Begins with Personal Comfort:** Creating the balance between your own life as an adult and a parent can be difficult, but it's been proven possible by many millions of men and women across the country.
7. **Stay Positive:** Despite all of your own feelings, though, it's important to maintain a positive attitude, since your children are affected by your moods. The best way to deal with stress is to exercise regularly,

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maintain a proper diet, get enough rest, and seek balance in your life.

8. **Treat kids like kids:** Children have neither the emotional capacity nor the life experience to act as substitute adult partners. If you find yourself depending on your kids too much, or expressing your frustrations to them too often, seek out adult friends and family members to talk to. Or seek counseling if necessary.
9. **Set up a support system:** All single parents need help -- whether it's someone to watch the kids while you run out to do errands or simply someone to talk to when you feel overwhelmed.
10. **Take time for yourself:** Likewise, it's important to schedule time for yourself. Even if it's something as simple as reading a book, taking a warm bath, or having a chat with a friend, setting aside a little

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personal time will give you a chance to refuel.

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