

**Finding the Right Balance as a Single Parent**

There are many challenges that come with being a single parent, but the biggest challenge you’ll face is finding [balance](https://www.thedailypositive.com/10-ways-balance-life-single-parent/) within your life. Being a single parent means that you are taking on the responsibility of two people single-handedly. Time, money, health, and happiness are all thrown out of order. As you adjust to life as a single parent, you will have to successfully recreate a balance between all of these factors to ensure the best life for your children and for yourself.

*Balancing Time*

Nothing can make time feel more stretched than having to juggle your home, work, and children all at once. Approaching this task day by day with no real plan or schedule can eat away at your energy and zap your morale, fast. As you take on the challenge of single parenting, you will have to develop some kind of [strategy](https://www.supernanny.co.uk/Advice/-/Parenting-Skills/-/Routine-and-Teamwork/Family-Routine.aspx) for managing your busy schedule.

If you’ve never used a daily planner in your life before, now might be a good time to start. Knowing what’s coming a few weeks in advance will help you [stay organized](http://www.quickanddirtytips.com/parenting/family-time/10-ways-to-become-a-more-organized-parent) and keep you sane when things pop up out of nowhere. If your child gets sick, car breaks down, or job keeps you late, any one of these wrenches in your daily life can lead to great stress and frustration. Having a solid game plan will help cushion these moments and help you always keep the big picture in mind.

*Balancing Money*

Staying organized not only helps you keep your to-do list in order. It also provides the kind of consistency your children need to feel happy, safe, and secure. Your schedule isn’t the only thing you will want to manage. Keeping a [balanced budget](https://money.usnews.com/money/personal-finance/articles/2013/10/17/the-best-budgeting-strategies-for-single-parents) will also shore up any financial challenges you will face as a single parent. Providing food and shelter for even a small family can come at a big cost. Suddenly, money you had tucked away is being used to pay for higher grocery bills and school supplies. Going forward, you will need to keep as stringent a budget as possible to keep your family running smoothly.

*Balancing Health*

How you spend your time and how you budget your money all play in the larger role of being a good parent. Even as you find balance within your budget and work schedule, you will want to find a healthy balance of physical and mental activity. There are two kinds of health you must consider as a single parent: your physical health and mental health. The most important self-care advice to take as a parent is giving yourself plenty of time to rest. Set aside enough time in your day to allow your mind and body to clock out and rejuvenate. The better you care for yourself, the better you will care for your children.

*Balancing Happiness*

One of the most crucial tests you will face as a single parent will be maintaining the happiness within your home. It should be noted that it’s hard to create a happy and [organized home environment](https://www.redfin.com/blog/2015/08/easy-and-effective-home-organization-tips.html) without first considering the balance between your time, money, and personal health. The better organized you are, the less likely you’ll have high-stress moments that can put a strain on the relationships within your home. If you are feeling well-rested and healthy, your mood will be brighter and more positive, and your children will pick up on this immediately.

The more balanced you are in your own life, the more balanced your children will be in theirs. By setting an example for them to follow, you will create a positive environment at home that will ease the challenges of being a single parent and help you find the joy of watching your children learn and grow. Being a single parent isn’t easy, but once you create balance within your life, you can begin to appreciate the little things and develop relationships that will last a lifetime.

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