

Unique Parenting Circumstances

Being a Single Parent

Being single doesn't have to mean being alone in parenting. If you have family and friends close by, they can be a good source of support. And whatever your situation, there are people and programs to help you.

Finding parenting programs and groups

Find information about the supports in your area by contacting:

- your public health nurse, social worker or health care provider
- **BC211:** bc211.ca
- **Parent Support Services Society of BC:** parentsupportbc.ca or 1-877-345-9777
- your local **YMCA / YWCA**
- the **BC Association of Pregnancy Outreach Programs:** bcapop.ca
- the **BC Association of Aboriginal Friendship Centres:** bcaafc.com or 250-388-5522
- the **Immigrant Services Society of BC:** issbc.org or 604-684-2561



TRY THIS

Get to know other parents through breastfeeding groups, religious groups or online parenting groups, like those on Facebook. Or meet them at playgrounds, community centres or movie times for parents and babies.



MONEY SENSE

Financial support for job seekers

For help finding a long-term job, contact the Single Parent Employment Initiative (SPEI): 1-866-866-0800. If you're on income or disability assistance, you may receive:

- up to a year of paid training
- paid work experience
- free child care while you train and during your first year of work
- free transit to and from school

Parenting Multiples

Caring for just one newborn is a big job. So caring for twins, triplets (or more!) can be especially hard.

Having multiple babies means even less sleep, more work, and less time for yourself. As much as possible, take care of yourself. Eat well, sleep when your babies are asleep, and reach out for support. And if your community has a group for parents of multiples, consider joining.

Finding help

Don't wait until you're overwhelmed to ask for support. Try:

- asking family and friends for help with the babies, housework or errands
- joining a support group for parents of multiples
- getting help with breastfeeding from your health care provider, public health nurse, midwife or lactation consultant

