

Title:

The Three-Ring Circus: 5 Tips for Single Moms Who Work

Word Count:

719

Summary:

If you're a single mom who works, you probably don't have a lot of time to read, so let's get

Keywords:

single mom, single mother, single moms, children, guilt

Article Body:

If you're a single mom who works, you probably don't have a lot of time to read, so let's get

1. Pick Your Battles

As a 49-year-old single mom of a sixth grader, I'm just plain tired. It's taken me years to ge

2. Set Your Boundaries

Picking your battles doesn't mean you shouldn't set boundaries at work and at home. I tend to

3. Use Promises Sparingly

When you're a single mom, life happens. Even the best laid plans can easily go awry, and promi

4. Try for Balance

As a single mother, it's hard to achieve balance. Everyone and everything has needs - your kid

5. Let Go of the Guilt

As single moms, guilt is our greatest enemy. It can be paralyzing, can distract us from our wo

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