How can I help?

Single Parent

Offer your time

- Offer an opportunity to socialize (with and without kids)
- Help with homework
- Invite to share holidays
- Attend kids' events/performances, film if possible
- Provide a break: babysit/spend time with kids while they
  - Run errands
  - Do something for themselves/personal care
  - Take a walk
  - Take a nap
  - Attend appointments
- Be an emergency contact: last minute meetings, changes with school schedule, kids sick, child care falls through
- Encourage schools to use relationship-neutral language for events and assignments relating to family

Provide transportation

- Shuttle kids to appointments
- After school activities
- Errands

Shopping

- School supplies
- Shoes & clothing

Financial Support (directly assist or help raise money)

- Basic needs
- Paying bills
- Child care
- Gas cards or bus tokens
- Legal services
- Child care
- School activities and fees
- Special school occasions
- Pay for pet sitting/kennel stay/grooming

Organize

- Hand me downs
- Household organizing (closets, etc.)
- Go through kids clothes/toys, donate what's outgrown
- Filing system for paperwork
- Birth certificates
- Emergency contacts
- Vaccine records
- Custody or other legal paperwork

Help build a community

- Family, friends, other parents
- Playdates, after school activities, car pools, no school days

Help filling out forms

- School forms
- Taxes
- Applications for services

Research/locate resources

- Community support services
- Single parent support groups
- Daycare providers, colleges, pediatricians, after school options
- Insurance options/info
- Legal resources/services
- Advocate for them

Assist related organizations & nonprofits who support parents

- Donations
- Volunteer
- Serve as a board member
- Write legislators in support of family friendly policies
- Share social media pages and websites
- Organize supply drives (diapers, medicine, school supplies)
- Support efforts to redesign public policies to support single parents

Everyday Magic

Provide emotional support

- Be present and listen
- Check in regularly (text, call, visit)
- Sometimes hard to make decisions alone. Need sounding board.
- Do you want me to listen or help you brainstorm solutions?
- Notes, postcards, letters of encouragement
- Advocate for them
- Celebrate small victories/accomplishments
- Suggest music, movies, shows, books, etc./watch together

Provide practical support

- Meals
- Daily tasks
- Home maintenance
- Pet assistance (feed/walk/transport/meds)
- Transportation
- Organize calendars

Household care

- Cleaning
- Decluttering
- Lawn or garden care
- Simple home repairs
- Water plants
- Laundry
- Clean out refrigerator
- Change batteries in remotes, smoke detectors, etc.
- Change lightbulbs

Financial Support

- Paying bills
- Buying groceries
- Gas cards or bus tokens
- Food gift cards
- Pay for subscriptions

Errands

- Grocery shopping
- Other shopping
- Post office
- Exchanges and returns
- Pick up prescriptions

Other

- Budgeting
- Bill paying
- Making appointments
- Filling out forms
- Figuring out legal issues
- Car maintenance (tires, oil change)
- Tech support
- Help make a to-do list
- Massage

> "Great opportunities to help others seldom come, but small ones surround us every day."
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> – Sally Koch