



Hello,

We hear this a lot, "I really want to help but **I don't know where to start** or what to do." So, we have put a short list of ideas together based on research and input from single parents.

First of all, you should know that a typical concern that we often hear from someone wanting to help is **not wanting to offend or embarrass single parents** by offering to help. This is totally natural, but I assure you, the need is real. We suggest prayerfully and intentionally identifying a single parent in your neighborhood, work setting or social circle to minister to. Reach out to them in a casual way and let them know **you admire them for how they are doing this all on their own** and tell them you would like to help if they would allow you to. **Reassure them that they aren't giving the impression that they need help, but that you can't imagine doing everything that they are doing... alone.**

Then we recommend finding one (or more) of the following ways you can offer real help to a single parent home. These might seem like small gestures but a Solo Parent is typically juggling so many seemingly small tasks all at the same time - lightening the load in any way makes a huge difference. At first, **the Solo Parent you are talking to might not seem anxious to let you help** in any of these ways, **be persistent** from a posture of doing this as much for yourself and out of respect for how much you see them doing which inspires you to do more. (If you are older with your own kids out of the house - let them know this is a way you want to feed into other 'kids')

This is in no way an exhaustive list, there are many other ways to help. The important thing is taking the first step and reaching out, letting them know they are not alone.

Thanks so much for considering helping these broken homes. You are the hands of Jesus to this hurting and overwhelmed community.

A handwritten signature in black ink, appearing to read "R. Beeson".

Robert Beeson - Founder Solo Parent Society

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# small things make a huge impact

- Offer to give rides to and from school. (Let the offer stand)
- Offer to pick up children from sporting games / practice.
- Offer to help with yard work /mowing.
- Offer to help with house repair / maintenance. (Does anything need to be fixed?).
- Offer to provide one meal a week / month. (left in an outside cooler so no interaction is necessary)
- Offer to take boys to a ball game or physical activity. (Men)
- Offer to take girls to get their nails done. (Women)
- Offer to watch the kids for an evening off.
- Let her / him know if they are ever running late getting home you are willing to drop by to check on things
- Offer to wash or detail their car
- When running to the grocery store see if there is any last minute things you can pick up for them.
- Gift card to restaurant. (even fast food)
- Take their kids to buy mother's / father's day gift for them.

**Constantly offer affirmation and praise for all they are doing.**