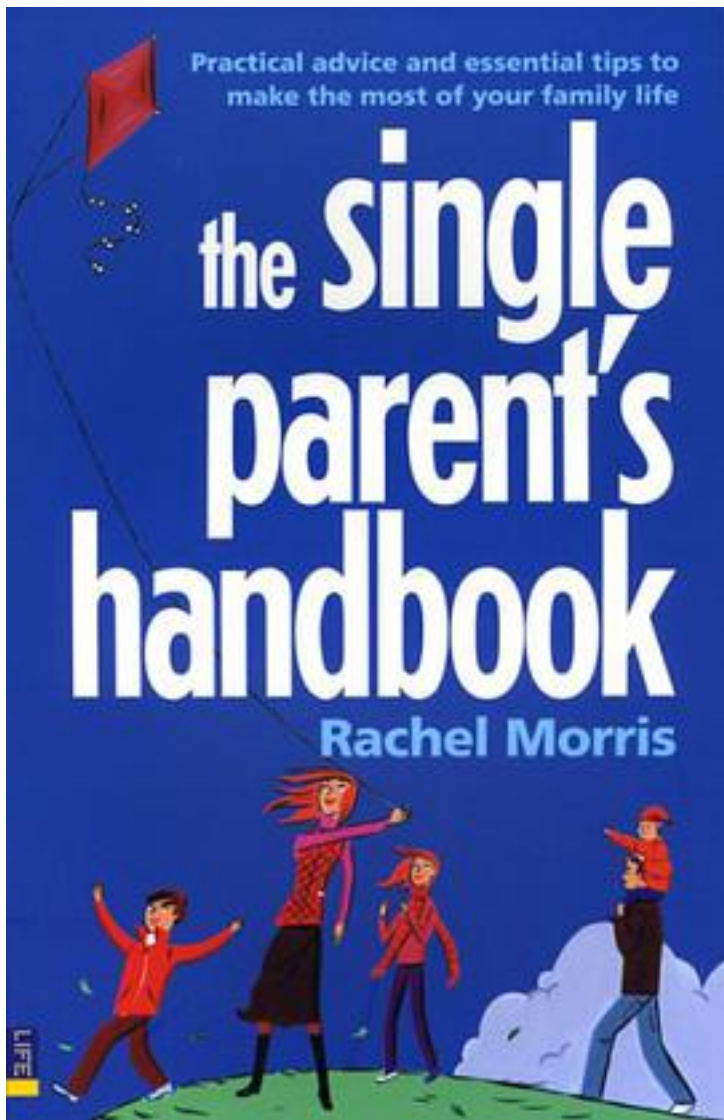


The Single Parent's Handbook



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著者:Rachel Morris

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在线阅读本书

Are you a single parent? Do you have a lot of demands to juggle? If so, this handbook, packed full of practical advice about the necessities and tips on how to make the most of your own and your family life, is for you. Becoming a single parent, whatever the reason, can be a traumatic and disorientating experience. This new book, written specifically for single parents, offers practical advice about handling lone parenthood, whilst helping them make the most of their family lives and juggle the numerous demands on their emotions and their time.

*Understand the best routes to secure a home for your family, how to manage your money, your legal responsibilities and how to negotiate effectively in defending yours and your child's best interests.

*Find practical tips for childcare and co-ordinating your working life with your family.

*Draw on tips to support your children's emotional well being and your own.

*Discover ways to make your day-to-day life run smoothly.

*Take routes to maximise the fulfilment and pleasure you and your children find in your lives.

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