

COVER STORY

Guidelines for **SINGLE PARENTS**

Sushma Ramachandaran, a Chennai-based psychotherapist, provides one parent households useful child rearing advice.

- If you are divorced and/or have ended an abusive marriage, make conscious attempts not to pass on the bitterness you may have towards your spouse or the opposite sex, to children.
- Insulate children from marital arguments and confrontations. It generates emotional insecurity.
- Don't stress yourself out by attempting to discharge the role of two parents.



- Don't overprotect and over-indulge children to compensate for the lack of another parent.
- Create a sound support system — grandparents, friends and extended family — who can provide child rearing support.
- Show your love. Remember to praise your children and set aside time every day to play, read or simply talk with them.
- Abolish guilt from your vocabulary.
- Be consistent with discipline and set clear limits and rules.