

Resource Management

Skill # 1

BUILD A RESOURCE NETWORK

You can lighten the single parenting load by using community resources. You may be surprised that there are so many places, people, and things to draw from.

Make a list of resources available to you. On your list include items such as parks, libraries, religious groups, friends, and family members who do not live with you. The yellow pages of your telephone book can also give you ideas. So can friends.

Review your list of resources. Pick out those that might be able to help your family the most. Choose a resource you are not using or want to use more fully. As you make even better use of your resources, your life will be richer. Family members will benefit and your stress will go down.

Skill # 2

DON'T SPEND TOMORROW'S MONEY

Getting out of debt and saving money is hard for everyone these days. It can be even tougher for a single parent. By taking a good look at your finances, you can plan for your family's future.

First, find out where you spend all your money. Make a list of every purchase you make of any kind. Use this information to cut out unnecessary spending and bad buying habits. Then determine how much you can save by subtracting your expenses from your income. Write down how much you plan to save, and stick to it.

Try to follow your plan for a month. Then look at how it has worked or not worked. If it didn't go the way you planned, make changes, but don't give up.

Skill # 3

CHOOSE A HEALTHY LIFESTYLE

A healthy diet is very important for you and your child. A good diet lowers the risk for certain cancers and heart trouble. It can also help keep you at a healthy weight.

Eat fresh fruits and vegetables and whole grains in place of high fat items, especially fried foods. Eat a variety of different foods to get a balanced diet. Even if you don't have a regular time to "work out," keep active. Walking to your car, household chores and playing with your child all can count as exercise.

Take time to laugh and reduce stress. End your days with plenty of rest. It's important to get enough sleep for your body to work right. You'll be happier and more effective at work and at home if you are rested.

ACTION PLAN

Focus on one of the above skills. How could you apply this skill in your life? Choose one small but important change you really want to make in the next few days. Think positive. See yourself carrying out your goal. **Write your action plan in the space below:**



COOPERATIVE EXTENSION SERVICE: University of Kentucky & Kentucky State University

Community Connections for Children—Bluegrass Area Development District