

The Single Mom Reset

A Real-Life Motherhood Workbook

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A little laughter. A little honesty. A plan that fits real life.

NO PERFECT-PARENT MEMBERSHIP REQUIRED

You belong in these pages.

A NOTE FROM THE REAL-LIFE CORNER

This isn't a workbook about becoming the parent who has matching socks and a flawless morning routine. First, we'll laugh about your unfiltered thought. Then we'll turn the page and decide what really helps your family.

YOUR FAMILY, YOUR RULES

Each chapter is TWO pages: (1) UNFILTERED — laugh, circle the reaction you might THINK, and get the vent out. This is not advice for what to say or do. (2) REGROUP & RESET — consider the real situation, write your thoughtful response, and choose one small action. No one is grading your parenting.

1. REACT

Circle your unfiltered thought.

2. LAUGH

Vent privately, without acting on it.

3. RESET

Turn the page and think it through.

4. TRY

Choose a small response that helps.

THIS SEASON IN ONE SENTENCE

Right now, the thing I want to make a little easier is...

PROFESSIONAL SUPPORT STILL MATTERS

These workbooks provide practical parenting reflection and organization tools, not mental-health therapy, individualized medical guidance, legal advice, or crisis services. If a child or caregiver is unsafe, seek qualified local support. For infant feeding, postpartum symptoms and safety, consult a licensed health professional.

One mom. Many possible family setups.

Don't try to do every version of this book. Circle the situation that feels most like yours, and borrow from the others whenever it helps.

01

One child

With one child, you still deserve practical support. Focus on the two of you without requiring yourself to entertain or do everything.

START HERE: Name one boundary and one shared routine that work for both of you.

02

Two or more children

Children may need different things at the same time. A visible priority board can reduce repeated instructions.

START HERE: Choose one shared family anchor and one individual need for each child.

03

Twins / multiples

Two children at the same stage can have different needs and personalities. A repeating care log can help without keeping a perfect schedule.

START HERE: Create a flexible two-column routine, with room for each child to differ.

04

Baby and teenager

A baby needs hands-on care while a teenager needs respect and attention. The older child is not automatically a substitute caregiver.

START HERE: Plan one protected ten-minute conversation with your teen that isn't about helping with the baby.

05

Children in different age groups

Different ages mean different sleep, safety, school, and social needs. Set expectations by developmental stage, not by making everyone follow the same rules.

START HERE: Pick one morning or evening routine and personalize a step for each age group.

06

Teen and younger siblings

A teen and younger sibling can connect without your teen becoming the household parent. Give older children a say in fair responsibilities.

START HERE: Write one age-appropriate responsibility for each child and one adult-only responsibility.

My household looks most like: _____

Before We Act Like Grown-Ups...

The load is real



SO PICTURE THIS...

Three appointments, one forgotten lunch, and the school just emailed you about tomorrow's costume day.

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- () A. The school waited until 9:47 tonight to say tomorrow is pajama day, bring cupcakes, and dress like a historical figure? Oh, y'all are hiring me a personal assistant now?
- () B. I just got these kids to bed. Somebody better show up dressed as the historical figure named Regular Clothes.
- () C. Who's running that email list? Because we need to have a little conversation about business hours.

They emailed that like tomorrow wasn't already happening without my consent.

What was the very first thing your brain wanted to say?

OKAY. THAT WAS THE THOUGHT, NOT THE PLAN. TURN THE PAGE TO REGROUP -->

Okay, Now Let's Really Think.

Which two responsibilities truly need your attention today?

WHAT'S REALLY GOING ON

Being the default parent can mean keeping every appointment, emotion, bill and snack in your head.

IN A REAL HOME

A mother writes everything down before choosing what truly must happen today.

THE PART THAT ACTUALLY HELPS

You had the thought. You didn't have to act on it. That's your chance to choose what comes next.

MY REAL RESPONSE (MESSY HANDWRITING WELCOME)

What responsibilities am I carrying that nobody else sees?

YOUR LITTLE REAL-LIFE MOVE

List ten invisible tasks. Circle only the two that must happen today.

[] I'll try it [] I'll make it smaller [] I'll revisit later

MY BETTER-NEXT-TIME RESPONSE: _____

Before We Act Like Grown-Ups...

One child or many, your needs count



SO PICTURE THIS...

Somebody tells you, 'Well, you only have one child,' or 'You chose to have that many.'

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- ☐ A. 'You only have one child.' And you only have one mouth, yet here we are.
- ☐ B. 'You chose to have that many.' And you chose to say that out loud? Look at us both making choices.
- ☐ C. If advice burned calories, you'd be in incredible shape right now.

Somebody always got parenting advice, but suddenly nobody available for a pickup.

What did you want to say that you probably wouldn't say out loud?

OKAY. THAT WAS THE THOUGHT, NOT THE PLAN. TURN THE PAGE TO REGROUP -->

Okay, Now Let's Really Think.

What actually needs to change in your routine, not in other people's opinions?

WHAT'S REALLY GOING ON

Family size does not measure how tired you are; identify your household's unique pinch points.

IN A REAL HOME

A parent of one stops overbooking weekends, while a parent of three simplifies the school-morning exit.

THE PART THAT ACTUALLY HELPS

You had the thought. You didn't have to act on it. That's your chance to choose what comes next.

MY REAL RESPONSE (MESSY HANDWRITING WELCOME)

What part of our current routine drains me most?

YOUR LITTLE REAL-LIFE MOVE

Choose one demand to simplify or remove for this week.

☐ I'll try it ☐ I'll make it smaller ☐ I'll revisit later

MY BETTER-NEXT-TIME RESPONSE: _____

This is a preview of the first two chapters. The complete illustrated workbook has all 12 original chapters.