

Love
Support
Nurture

85 Ways to Help a Single Mom

A resource for churches, associations, schools, non-profit organizations, "traditional" families, counselors, and the media

1. Show appreciation
2. Offer hope
3. Be accepting
4. Be an inspiration
5. Give a sense of community
6. Help lift her burdens
7. Validate her
8. Give Understanding
9. Be a source of enlightenment
10. Love her unconditionally
11. Offer childcare solutions (preferably free or very low cost)
12. Donate a car
13. Repair her car
14. Give scholarships for college tuition, book, or expenses
15. Direct to educational resources
16. Provide housing assistance
17. Offer job training
18. Give a listening ear
19. Offer free counseling
20. Set up free massages
21. Send her to get a Pedicure
22. Give her a manicure gift certificate
23. Surprise her with a weekend getaway (all expenses paid)
24. Set up a deposit fund
25. Pay for life coaching on her behalf
26. Round up several handymen to help with minor repairs
27. Give sound and practical advice
28. Hold a free home buying seminar
29. Recruit credit repair consultants to offer help
30. Extend invitations to participate in events
31. Make her feel like she belongs
32. Be non-judgmental
33. Help her to see the opportunities around her
34. Offer transition counseling
35. Open the door to a better life
36. Open your hearts to her family
37. Hire a Housekeeper (once a month, quarter)
38. Run errands for her while you are out
39. Be a source of emotional support
40. Offer as much financial support as possible especially during rough times
41. Help her to laugh
42. Buy groceries as needed
43. Babysit so she can have a few hours away from kids
44. Remember to her when planning programs (w/childcare provided)
45. Call her daily or weekly to check on her
46. Cook homemade meals that can be frozen and eaten later
47. Sponsor classes (skills, money mgmt, self-development)

Samantha A. Gregory, Author *100 Secrets of Successful Single Motherhood*

www.richsinglemomma.com

samantha.a.gregory@gmail.com

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48. Offer consistent support
49. Adopt her family into a “traditional” nurturing family
50. Provide role model for sons
51. Be a mentor to her
52. Educate “traditional” families on the plight of single moms
53. Pay special attention to her on V-day and Mother’s day
54. Give help (food, gifts, emotional support) during Christmas
55. Give lots of nurturing hugs
56. Be considerate of her feelings
57. Smile
58. Help with yard work
59. Pray with her
60. Visit her home and spend time with her
61. Become true friends
62. Provide relationship counseling
63. Give positive parenting advice
64. Buy clothes for kids
65. Pay for a trip to beauty salon
66. Donate or buy a career wardrobe
67. Give gift certificates/cards
68. Offer tutoring for kids and mom in college
69. Stock her up with long distance phone cards
70. Make sure she has a cell phone
71. Give her one of your computers and printers
72. Give her advice on starting a business
73. Give her a job
74. Create support groups
75. Offer free haircuts and hairstyles for the kids
76. Give her amusement park tickets
77. Invite her and the kids on a picnic
78. Offer legal advice or assistance
79. Provide a list of all local resources
80. Buy good books and music for her
81. Take a basket of vegetables from your garden
82. Pay for a YMCA or YWCA membership for the family
83. Offer summer camp scholarships for the kids
84. Pay for music or martial arts lessons for the kids
85. Introduce her to good/godly men (if she hints about or requests it)

Bonus#1: FORGIVE and FORGET the Myth about her. The circumstances of her single motherhood may be death, divorce, desertion, or a simple decision. It is important to remember that she is human and has feelings too. Please don’t believe the myth that all single moms slept around and accidentally got pregnant. This reason accounts for the lowest percentage of single moms in the world today.

Bonus #2: ASK her what she needs. She may not tell you right away because she may feel like she should do it all alone. Please persist because she does need some form of help. More importantly, if you see a need, by all means fill it even if she doesn’t ask. That gesture will go a long way in building trust.