

dr.Gila

[00:00:00] Welcome to the Peaceful Parenting Podcast. I'm your host, Sarah Rosen, sweet mom of three young people, peaceful parenting coach, and your cheerleader and guide on all things parenting. Each week we'll cover the tools, strategies, and support you need to end the yelling and power struggles and encourage your kids to listen and cooperate so that you can enjoy your family time.

I'm happy to say we have a great relationship with our three kids. The teen years have been easy and joyful. Not because we're special unicorns, but because my kids were raised with peaceful parenting. I've also helped so many parents just like you, stop struggling and enjoy their kids. Again, I'm excited to be here with you today and bring you the insight and information you need to make your parenting journey a little more peaceful.

Let's dive into this week's conversation.

Hey, everyone. Welcome back to another episode of the peaceful parenting podcast. Today's episode is with Dr. Gila, who is a peaceful parenting coach who specializes in supporting single parents. I've been wanting to have someone on the podcast for a while now to talk about [00:01:00] this topic because there are so many of you in my community. And if you are not a single parent, I think you will find this conversation really interesting. I actually record these introductions after the interview.

And Dr. Gila and I talked about so many things that are helpful for all parents, not just single parents. If you are not a single parent and you found this episode useful or helpful in any way, and you know, a single parent who would also find it useful or helpful, please send it to them, share it with them.

And we want to support all of the parents in our community, single parents or parents with partners all the same. So let's let's dive in and meet Dr. Gila.

Sarah: Hey everyone. Welcome back to another episode of the Peaceful Parenting Podcast. Today we have Dr. Gila, who is a peaceful parenting coach, and we are going to be talking about peaceful parenting as a single parent and that special challenges and I imagine rewards also that come with being a single parent.

So welcome Dr. Gila.

Dr. Gila: Thank you so much. I'm so delighted to be here and [00:02:00] I love I'm grateful for you covering this topic. It's not one that I think we always talk about openly, and so thank you for making space for it.

Sarah: Yeah. Well, I've been wanting to cover this for a long time because I have quite a few single parents as clients or in my membership or in my Facebook group, and I know, you know, parenting is hard enough when you have a co.

Parent parenting alongside with you and being a, being the person on your own, I think it can be even harder.

Yeah. And

Sarah: as I mentioned too, I don't wanna make I'm sure as a single parent, there are also great things about being a single parent, so I wanna make sure that we talk about both.

I love that you brought that up. Yes. I like to talk about that too. There's always, you know, there's blessings and there's challenges to everything really.

I know when my husband and I sometimes have parenting disagreements, sometimes I, it can be tempting to be like, I wish I could just. Just make this decision all by myself.

Yeah. Yeah. And I think that's probably the, you know, both sides of the coin, right? Yeah. Like having to make decisions by yourself and getting to make decisions by yourself. That's, I imagine, that's right. Both hard and rewarding. So before we get too much [00:03:00] further maybe just introduce yourself and tell us about who you are and what you do.

Dr. Gila: Yeah, sure. So, I go by Dr. Gila in my coaching work, and I like to say rhymes with tequila that helps people remember how to pronounce it. So I actually started out as a psychologist and a neuropsychologist, and what I like to tell people is that even with all of that training and background and all of that stuff.

Being a single parent, and I'm not just a single parent, but a single parent to what I call a beautifully complex kid. He is an amazing, incredible kid who's also quite strong-willed and has had some challenges and it has been challenging. And so I took a deep dive into figuring out, really had to parent him the way that he needs and deserves.

In a way that was aligned for me and with my values, which of course was a process in itself. And all of this is a work in progress, right? It's never a done deal, so it's always work in progress. So I [00:04:00] took a deep dive into that and along the way really became passionate about supporting other parents and became a JC certified parenting coach and a certified clinic coach.

And I've. Increasingly been focusing on supporting single parents because as you said, you know. I think there's so much beautiful parenting resources out there, which I'm so grateful for. I have personally taken advantage of that and I see how useful it is for everyone. And what I've noticed is that there is, so there was this one day towards the beginning of my coaching where I was on Instagram and there were three posts that I saw or reels like back to back.

That had what I would call like zingers, like these little like landmines that could trigger the guilt, the fear, the feeling that you're different, that no one gets your experience if you are a single parent. And so I have become really passionate about [00:05:00] creating spaces that do specifically address, like you said, the challenges, and also celebrate the blessings and lean into the blessings of being a single parent.

So. I

Sarah: love that. Yeah. I think that there's you know, I think that there's a lot of research and it'd be interesting to hear from you about like the, you know, parents are often afraid to take on the challenge, like whether they are choosing from birth to be a single parent Yeah. Or whether they're ending a relationship and they're worried about what that's gonna mean for their child.

And I think that. Anecdotally, at least there's research that shows that it's not good for kids to be in a single parent family. Is that true? And if, and, you know, what is the, you know, what's your take on that?

Dr. Gila: Yeah. So I. First of all, this is of course, you know, I like to say, I like to preface everything, which is that single parents are not, you know, a monolith.

We're not like there's multiple paths to single parenting, and even within those paths [00:06:00] there's different experiences. And one of the big sort of things that people tend to associate with single parenting is that you don't have a strong support network. I like to sort of acknowledge that some single parents have beautiful support networks and some partnered parents feel utterly and completely alone.

Yes. And I hear so often from single, from partnered parents who say, well, I'm not a single parent, but I sure as heck feel like one. And as someone who started out not as a single parent and then became a single parent, I very much know how lonely and isolating it can be when there is another adult in the house.

But you don't. Really feel like you have that support. So yeah, just to kind of put that. No, totally disclaimer on it. We're talking in generalities. But you know, I think that one of the common, very common things that most single parents, if not all feel at some point is fear. About what is my single parenthood?

How is that gonna show up for my [00:07:00] child now and long term in the future? And it's, when you ask about the literature, it's not really a simple, we could spend a long time talking about the lit. It's not a simple answer, but I'll say a few things. So first of all. Your child like you are your child's best asset, right?

That's one big message that I want people to hear, and there is a lot that is within your control and within your power, and that is the piece that you have, right? So the only thing we can control is our own behavior, right? It's an unfortunate and frustrating thing, but also empowering because it means we can, we have some control and so.

You can lean into the pieces that you have control over, which is your relationship with your child. And the research shows that even just one healthy attachment, one secure, strong relationship is really [00:08:00] protective for your child. And so. Would it be better if they had multiple, really healthy, beautiful, secure attachments?

Maybe, but you don't have control over that. I mean, you have some control. You can try to, you know, bring in other people and it doesn't have to be another parent, right? It can be attachments with people who are non-parents in your child's life, but the piece that you have control over is your relationship with your child.

And the research really does show. That is protective. That's what your child needs and that is within your control. And I wanna say here, often what comes up for people is it's both reassuring and also a lot of pressure. Yeah. Because it's like, oh, well crap. Like I really, you know, I matter and what I do matters.

And that's empowering and it's also scary and. The reality is that it is a lot of responsibility, and I really want people to hear that. This does not mean that you have to be perfect. [00:09:00] Right? It's not about being perfect. And in fact, I

think there's two reasons why we should not chase perfection, and one is it's not realistic.

And two. If you are perfect, whatever that even means, then you are not modeling for your child. That being human means being imperfect, right? And you don't have the opportunity to model how you recover when you make a mistake, when you are imperfect, right? So, so being imperfect within reason, of course, is a beautiful gift in a way.

It's an opportunity. So I do like to put that in there because this is where. There does tend to be a little bit of that anxiety come up of that's a lot of weight, a lot of pressure, which I think single parents do feel

Sarah: well, not only that, but your child to become resilient needs to have some little bit of hardship in their life, right?

If you never have any hardship, you never learn how to be resilient. And I'm saying hardship in that, you know, the ordinary childhood. Childhood things that they might be [00:10:00] disappointed or not get everything that they want. Yeah. And so I think that's another thing that takes pressure off parents, whether they're single parents or not, about not having to be perfect a hundred percent.

I like to remind people

Dr. Gila: to build resilience. You need adversity. Yeah. And that doesn't mean that. You need trauma. It doesn't mean that we should be seeking out adversity. There's plenty naturally built into our world. But just because your child has experienced adversity doesn't mean they're screwed.

Yeah. That's something that a lot of people Yeah. Worry about, and it's really about how we support them through that. I think it's so easy to fall into the trap as parents of wanting to protect our kids from every, you know. Tough challenge and really that's not our job. Our job is to support them in navigating those challenges because they're going to have challenges as adults and they're gonna have challenges as kids.

And so the sooner, it actually in some ways gives you an opportunity to build those resilience skills and muscles in a way. [00:11:00] Yeah,

Sarah: so, so what I'm hearing you say is that you know that in terms of the research and whether it's quote, good or bad for kids to have a single parent, it

doesn't sound like that really actually correlates to whether there's one parent in the home or more than one parent.

It's all the ways that you show up for your child and their secure attachment and the support system that you have or that you don't have. And both of those things could be. You know, optimal in a two-parent household or in a one-parent household?

Dr. Gila: Yeah, I mean, I think there's a lot of mitigating factors and moderating factors.

You know, socioeconomic status is a big one. And I think like on, you know, that can be a confound in some of that research. And then the other thing I wanna say is a child who's in a home that is relatively stable and. Where you are relatively regulated and happy and is much better than them being in a home with a lot of conflict.

Right. And so if it's like [00:12:00] stay in a relationship where there's lots of conflict versus have that single parent home often, and I think the research bears this out, that it is better for the child to have the less conflict, but separate home. Totally situation. Yeah.

Sarah: So what do you see when when you work with your clients, what do you see as particular cha or from your own experience as a single parent, what do you think are some challenges that single parents face that that are unique to being a single parent?

And how do you help yourself or your clients with those challenges?

Dr. Gila: Yeah, so I think that rather than seeing them as unique, I see. I see stress as being like the great magnifier and being a single parent is one type of stress in a way. It brings with it a lot of stresses. And so, you know, I don't like to compare like, oh, single parenting is harder than this because each situation can.

Can have its own challenges. But I do think there are some themes. So one, again, we [00:13:00] talked a little about this, is there are a lot of fears and anxieties that come up, right. Fear about how this is affecting your child in the moment. And long term fear about, you know, God forbid something happens to you or there's an emergency, like some very practical logistical fears, right?

God forbid I have to go to the hospital if there isn't another adult here. What do I do with my kids? That kind of thing. And then there's also in if, in the category of emotional pieces, there's also a lot of I think grief really, which comes like in waves and in different, like I said, these little zingers because if you're a single parent, you probably, this is not probably.

What you envisioned your life to look like, right? When you were 12 and you were like daydreaming about your adult life. You probably weren't picturing it looking like this. And so there's an adjustment and a level of acceptance. And then even when you have reached [00:14:00] sort of a pretty good place with that, there can still be these little zinger moments, right?

Like you're, you know. You're at a party and the host family has like the life that you expected for yourself, and you have that little like zinger of jealousy and envy and self pity that comes up. And so those things can come in unexpected times and in waves. And then there's like the very real logistical challenges of single parenting.

When you're exhausted, you're stressed, you're tapped out, and you don't have anyone else to tag in, you can tell you're about to lose it and you wish that you could tag someone else and you don't have anyone, you're not feeling well. Or you know, I actually, this week, my son has been sick for. Three days and now he's feeling better, which is fantastic, but that means he has a lot of energy.

And meanwhile, I have three days of work to catch up on. And that's tough to navigate when it's all on you and you don't have someone else to tap [00:15:00] in and you know, you have the dishes and the laundry and the shopping and all of those things. And decision making, you mentioned this before, decision making.

It's that double edged sword. It is really freeing to know that it is. You, it's in your court. Right. And even if you have a co-parent, right? So, some parents do have like a 50 50 shared relationship or whatever it may be. They're co-parenting and making decisions with someone else, which has its own set of challenges.

Yeah. And you are still in charge of the decisions in your home and your relationship, which is freeing. And also, like I said, it can be. A bit of a weight on your shoulders, it can feel like a weight on your shoulders. So those are just a few things. There's other stuff, but I'll pause there.

Sarah: Yeah. So, I mean, how do you, I mean, as a parenting coach myself I some of those things of like, you know, feeling burnt out and fried and you know, struggling with your self-regulation. Yeah. Sometimes you do have [00:16:00] somebody that you can tap in and sometimes they're at work or out or whatever and I know that it's not the same because that person is sometimes around, but to me the answer is, you know, working on your self-regulation tools.

Yeah. Are there any other. You know, I, I don't wanna say tricks or tips, but are there any things that you recommend when somebody is on their own and Yeah. And there isn't anyone either ever or there right at the moment to help them?

Dr. Gila: Yeah, so again, this is where I see it as like the great magnifier, which is that the stresses that we feel, you know, it is this magnification, but.

Other people have some similar stresses and similarly, all the things that I recommend would be useful for most people. Yeah. But then it becomes like even more important as a single parent. So for example I. One thing that I really believe in is making values, making decisions that really align with your values, and giving yourself the [00:17:00] permission to prioritize based on the reality in front of you.

So it's so common to feel all these pressures. To, you know, society is not really set up to be supportive for parents in general, and then like triply, so for single parents, right? And that is not your fault. That is not your child's fault. That is a systemic societal thing. We have to sort of work with the knowledge that is what the reality is.

And so it's very easy to fall into the trap of like, I should do this, I should do that, I need to do this, I need to do that. And really, when you stop and pause and look at it, a lot of those shoulds and need toss are actually sort of societal demands that are not fully aligned with what your family needs.

And so giving yourself permission to. Say no to, you know, really sort of simplify and let go of some things that I know is easier said than done because of course we all have these, [00:18:00] not just external societal pressures, but I feel like they become internalized, right? I mean, we grew up with these pressures and expectations and it's hard to not internalize those.

The other big thing is really working on that self-regulation piece. So the model that I like to use with in my own family and with my clients. Is based on a sink.

So the idea is we each have this metaphorical sink inside of us, and when the sink is really full, just a few more drops of water make it overflow.

And that overflow is what we call dysregulation. When you're either snapping and you yelling or shutting down. If your sink is less full, the same drops of water that made it overflow in that first scenario, you're gonna be able to handle it and you can handle more. Right? And one of the things that can fill your sink really quickly is somebody else's sink.

Nearby you overflowing into it. And that's what tends to happen when our kids are [00:19:00] having a hard time, their sink is overflowing, and then it flows into our sink. And if our sink is in this like constant, chronic, perpetual state of being super full, then. Anytime there's something that happens that's stressful with our kid, it's going, our sink is gonna overflow.

And then of course our sink overflows into our kids' sink. Their sink is gonna overflow more. And before you know it, we have this like huge pool of water on the floor. So, it becomes even more important to work on, as I say, keeping our own sinks healthy, keeping that drain nice and clear. I think that has to do with, you know, often when we think of self-care, we think of these like big acts of like, you know, going to get a massage or something like that, which is lovely if you have the time and the finances.

But that is sort of like taking a big bucket to the sink and emptying some water, which is great and it's a piece of it, but it's not the only piece. It's not the only way to take care of your sink and to work on self-regulation. [00:20:00] So some of those like. Deeper processes would be things like working on how you talk to yourself and about yourself.

That's one of the big ones. Really, and the prioritization piece, that would be like reducing the flow of water into your sink, like turning down the faucet a little bit. And then another example is that I think of as like, sometimes we get clogs in our sink. Like if you have hair like mine, you often after a shower, like a big.

Clump of hair and no amount of deep breathing is going to keep your sink from overflowing if the drain is clogged up with a big clump of hair. And so one example of that is like a client of mine who had her worst day of parenting. She was exhausted. The kids were like vying for her attention and she ended up snapping and yelling, saying things she regretted, and then going down the shame spiral and ultimately putting them on the TV for three hours so she could take a nap.

And when I said to her early on in the process, [00:21:00] if you had. I told them, go watch a movie. I need to take a nap. Would they have? And she said, yeah, I think so. And so what keeps us from doing that, right? It's all of these narratives and internalized external expectations and judgements. And now. TV shouldn't necessarily be like, if you're using that all the time and you're always clearing clogs, we need to work on, you know, what's making those clogs come up, right?

But giving yourself permission in that moment to recognize, whew, okay, I really need to clear this. Clog out, I need some sleep, otherwise it's just gonna escalate and I'm not gonna be able to handle it. Giving yourself permission to take that, you know, to use the nuclear button as it were and say, go watch a movie, I really need to.

Take a nap. So, yeah, I

Sarah: love that. And I think that's where the practical comes in that the roadblocks come up for people to do something practical like that because of the shoulds, the internal I shoulds that you were talking about, [00:22:00] and I hear that

Yeah.

Sarah: A lot from my clients too is like, well even if, you know, if they're in a two parent family and Yeah, well maybe you could have gotten your partner to come and take over or help.

They're like, well, I should be able to handle this on my own. Right. Yeah. And that sounds like a really common thing for everyone is that that stops us from clearing the clog as you're talking about, because you're being hard on yourself.

Dr. Gila: Yeah. And that also ties in with how you talk to yourself, right?

Like our ability to show up for ourselves with compassion and grace that is something that takes a lot of practice for a lot of people. It does not come naturally and how, and it ends up showing up in how we talk. About ourselves in front of our kids. And so sometimes this can help people get the motivation to work on it for themselves.

Because when your kids are hearing that, that becomes their sort of template for their own internal narrative. And so working on how we speak about and to ourselves is part of how [00:23:00] we show up for them in modeling how to

speak to yourself. Yeah. Yeah. And that actually. One last thing that I'll say is one thing that can be really helpful if you don't have someone in that moment.

If you're having a really tough time and you just need to like vent it out, journaling is such a beautiful practice to support yourself in that moment. And one thing that I like to suggest also, if writing doesn't feel like what you need in that moment. To do an audio journal entry is what I call it. So you can just use the voice memo app on your on your phone and talk.

You know, if you feel like you need someone to talk to, be that person for yourself if you don't have someone else in that moment.

Sarah: Yeah, that makes a lot of sense. Do you know in, in with your clients or the people in your community, do you see single parents leaning on each other very much? Like are there a lot of communities of single parents?

Because I think if I were a single parent, that's something that I [00:24:00] would look for is to try and find other single parents.

Dr. Gila: Yeah, I feel like there's not enough and I actually just so I just hosted a summit for single parents that had a Facebook group with it, and I was going to close it, but I got so much feedback about how wonderful it was to just.

Be in community with other single parents. And so I'm keeping it open. And now it's not just for the summit it's for any single parent that wants to join. And it is something that I think is so powerful. I hear all the time when people do my programs or hang out in those kinds of communities, how amazing it is to just be around people who.

Get it right. And it's like you almost don't even realize that you were really craving it until you find it. And it's like, oh, I'm not the outsider. Right? Like I'm not the anomaly here. People understand, and yes, we all have different specifics in our situations, but there's still that common thread of, yeah, I get it.

I get what you're going through. [00:25:00] Yeah,

Sarah: we'll I'll get you to send me the link and we'll put that in the show notes for you when, who's listening and wants to join your single parent Facebook community. That sounds great.

Dr. Gila: Yeah. It's called

Sarah: Single

Dr. Gila: Parenting with Connection, not Perfection, which

Sarah: is Okay.

Cool. Good title. My shtick. Yeah. What about. Some one thing that I think must come up and again, it's so funny as I'm talking to you, I'm realizing that these things come up just for parenting in general. But as you say, it's the it's the amplification of the things when you're single parenting.

Yeah. Because I think you mentioned socioeconomic challenges that often come up with single parents 'cause there's one income. Yeah. And you know, a lot of times you might, some single parents I imagine would feel like, oh, I can't provide the trip to Disney. Or you know, the, as many. Presents at birthdays or whatever.

Yeah. And how do you help parents, single parents who are feeling some guilt when their kids notice that their lives are maybe a little smaller materially? I mean, that's the one thing that's coming to mind, but I imagine also there's guilt that comes up of like, why don't I [00:26:00] have a, you know, other parent say you're a single parent by choice or you're you're not in.

In contact with the child's other parent. Yeah. And I'm, and I think kids probably do not, they probably say something when they notice these things. Yeah. Are there any specific strategies or tools that you use to help parents when that comes up?

Dr. Gila: Yeah. It's so hard, right? I mean, it is, I agree with you.

There's the financial piece in the material piece, but there's so much else, right? Like, how come I don't have two parents at Yeah. The play that I'm in. How come, you know. The father daughter dance, which don't get me started, right? Like it's, you know, or like Father's Day at school or you know, how come so and so, you know, lives with mom?

Even comparing to other single parent homes, right? So, one family, the kid might live with the parent, the father sometimes, and the mom other times. And so a kid who isn't, doesn't have that option, who's only with their parent might say, well. How come I don't live with my dad sometimes? How come I don't go there?

[00:27:00] Right? So there's so many, there's so much like social comparison going on there. So. My sort of general sort of conceptual tip here is there's a yin yang I like say yin yang of permission and perspective. And what that means is that, first of all, to give yourself permission. To feel those prickly feelings, right?

Feel those tough feelings. So as a society, we tend to stuff any prickly feelings down and to not give them air. And I like to think of it as like if you've ever sat on one of those pool noodles, you know, like the big long foam pool noodles. So it's like you're sitting on a pool noodle and everything's fine.

It's under the surface. But then when life throws you a little bit off balance, that pool noodle comes. Shooting out of the water. I don't know if you've ever experienced that, right? Yeah. It doesn't just like gently float to the surface. It shoots out of the water. And so when we try to stuff all these prickly feelings down, they're still [00:28:00] there and they will come shooting out afterwards.

So giving yourself permission against, again, through journaling or working with a coach or a therapist, or you know, being in community with other people and sort of talking about what you're going through, or just sitting and breathing through that feeling right. There's various strategies for giving yourself permission to feel those feelings.

Having said that, we also don't wanna get stuck in those feelings. And you know, part of it, I think sometimes we get stuck because we're trying not to feel them. So sometimes just giving yourself, it's like when we have our kids are upset, right? And we validate and listen and receive and sometimes that's enough and then they just run off and go play.

Right? It sort of gets it out. But also there's this piece of perspective, and that takes some work also of sometimes our brains play tricks on us, not just single parents, right? This is, there are thinking traps that we fall into where we are assuming that [00:29:00] other people have things, you know, better than maybe they do, where things are black and white, where we're mind reading and we're making small things into bigger things.

Catastrophizing, right? So it's important to learn some strategies to keep yourself in check and notice when you are going down these rabbit holes that are unhealthy and that might not even be realistic. And then the other piece is, you know, I feel like in some ways parenting in general and single parenting also even more so is kind of this like.

Constant act of recalibration, of like expectations and frame of reference. And there is a level, like I said, there is a level of acceptance that you know, would you like your life sometimes? Would you like your life to look differently maybe, and. Right now it doesn't. And so, you know, there's beautiful things about that and there are hard things about that.

Right? Yeah.

Sarah: Yeah. What else should I have asked you [00:30:00] about supporting yourself as a single parent that I haven't asked you that you'd like to, like for folks to know?

Dr. Gila: My goodness, I think. I think we've hit like the big ones, the big highlights. There's so much to talk about, of course. But I think really like the big message the big messages which we've already talked about are first of all that you are enough, that you are your child's best asset, and you are a beautiful asset for your child, and you are enough.

And that you do not have to be, and you will not be perfect. And that is beautiful too. And to give yourself permission to have, to get the support that you need and that you deserve, right? A lot of times we feel like it's a needy thing to want support but that you deserve support. And that might take a little bit of, again, recalibration of what.

What you're willing to [00:31:00] accept support to look like. So it might mean on your emergency plan if I'm going to, if I have to go to the hospital that my neighbor, who maybe I wouldn't otherwise leave the kids with for like a vacation or something, but it's good enough for an emergency, that can be my plan.

Right. So giving yourself permission to sort of think outside the box and to allow support. Right. To

Sarah: receive support. I love that. Again, it's the amplification thing. 'cause that's something that comes up with parents who weren't single parents too, of like, not maybe, and maybe it's a gender thing. Maybe it's more the you know, as women we're socialized to do everything and not ask for help.

Yeah. But that comes up a lot with parents and two family I. Two parent families as well of like, not wanting to ask anyone for help and thinking you can do everything on your own and Yeah. And that's tough. Yeah. It's tough to

overcome that 'cause when we feel like, oh, there's something wrong with us if we can't handle it.

Yeah. Yeah. I was also just thinking about the you know, sort of like the societal, [00:32:00] like the, image of single parents in, and especially single moms, I'm just gonna talk about here in movies and about how we maybe we're coming full circle and like TV and movies about the challenges and blessings of being a single parent.

And there is of course that stereotype of like the single parent who's a quote bad parent and their kids aren't well taken care of. But then I also am remembering some shows that I've seen where there's like this badge of honor almost like I was raised by a single mother. Yeah. And like she did such an awesome job.

And I just, I guess I just. Wanted to to call that out, that I sometimes see almost like this pride and you know, being, having a special place knowing that you were raised by a single mom and what a great job she did.

Dr. Gila: Yeah. I also think that there can be something really special about the relationship with your child, right.

I know. So first of all, for some reason I see a lot of single parents who only have one kid, but also lots who have multiple kids. But no matter how many kids you have, I don't know, there's just something like. It's [00:33:00] slightly special. Not that there isn't something special about everyone's relationship with their child, but I hear a lot of single parents talk about how I feel like I have a slightly different relationship with my child than I would if I wasn't a single parent.

And again, there's some downsides to that, but there's also some real beautiful things about it.

Sarah: Yeah, I can see that. Or it's like the, your attention and love is not. Split between different members of the family in a certain way, especially if you have a solo child. Well thank you so much for coming on and talking to us about being a single parent and the challenges and the gifts or blessings that also come with it.

And I think. I hope I should have said this at the beginning, but I hope people who aren't single parents also listen. 'cause I think there was just some good gems and nuggets nuggets in here for everyone. So before I let you go, I'm gonna ask you the question that I ask all my guests, which is, if you could go

back in time to your younger parent self, what message would you give yourself?

And it could be about this topic or about anything. [00:34:00]

Dr. Gila: Yeah. Ooh, I think I will stay on this topic. I mean, there's so much, but, yeah, it's a little hard to pick, but if I'm like in the single parent space, I would say that I can do it on my own. You know, I think that I think a lot of people stay in unhealthy relationships longer because there's fear about doing it on their own, and not just internal fear, but messaging about it.

From family members, which I got also right. You can't do it on your own. And so one of my mottoes is that even if you're on your own, you don't have to do it alone. And so you can do it on your own and it doesn't mean that you're alone.

Sarah: Yeah. Like so much a peaceful parenting, it's about being intentional.

Yeah. With how you parent and how you set up your life and your priorities and how you talk to yourself and all the things that you've already mentioned.

Dr. Gila: Yeah. Yeah. Yeah.

Sarah: Yeah. Well, thank you so much. And where's the best place for people to go and find out more about you and what you do? [00:35:00]

Dr. Gila: Yes, so I'm at dr.gilaparenting.com and I have some free resources including meditation for single parents or anyone who feels like one and a guide for understanding tantrums and meltdowns and some other stuff.

So you can find all of that @drgilaparenting.com. Awesome. Thank you so much. Yeah. Thank you so much for having me and again, for addressing this this topic. Yeah, I'm happy to be the vessel to reach people about this. Thanks.

Thanks for listening to this week's episode. I hope you found this conversation insightful and exactly what you needed in this moment. Be sure to subscribe to the show on your favorite podcast platform and leave us a rating and review on Apple Podcasts. Remember that I'm rooting for you. I see you out there showing up for your kids and doing the best you can.

Sending hugs over the airwaves today. Hang in there. You've got this.