



Facts About Single Parent Families

FACT #1: In Canada, there are more than 1 million single parent families

FACT #2: Almost one in five children in Canada lives with a single parent

FACT #3: In the Greater Kingston Area, single mothers head 87.5% of single parent families

FACT #4: Families lead by single mothers make up 11% of all families in Kingston Frontenac Lennox & Addington

FACT #5: The group of people in Canada with the highest rates of poverty are single mothers with children



5 Things You Can Do For a Single Mom

1. Offer a ride to the grocery store, a doctor's appointment, or the drugstore.
2. Provide an evening's worth of childcare so that she has some time to herself.
3. Offer to take her kids to the park, a baseball game, the shopping mall, or a playroom at a local family restaurant.
4. Share your videos, magazines, and newspapers after you're done with them.
5. Make a donation to an organization that supports single moms.



5 More Things You Can Do For a Single Mom

1. Share useful information, such as ads you've seen for sales.
2. Offer to lend your computer or give her your internet access for an hour.
3. Talk to your dentist and ask him or her what they can do to help a single mom and her kids get better dental care.
4. Be supportive - tell her what a great job she's doing. Let a single mom know you care.
5. Dispel myths. When you hear single mothers being stereotyped, stick up for a single mom.