

SINGLE PARENTING IN GHANA

PARENTING

After creation, God made man and out of the man he made woman. So parenting is through the hands of God.

Defining: Parenting is the ACTIVITY of bringing up and looking after child/children to be useful and responsible citizens in the society and a country as a whole.

SINGLE PARENTING

This is defined as the situation whereby one of the parents assumes the role of bringing up and looking after child/children above without the other parent's support.

These may be the causes:

- a) Death of one parent- natural
- b) Divorce
- c) Artificial insemination
- d) Adoption
- e) Not able to identify biological father
- f) Pregnancy not being accepted
- g) Financial problems
- h) Giving birth to one side sex children
- i) Understanding not in line
- j) Parents stopping marriages

WHY WOMEN

Most single parents are the mothers, because the women are more human than men. They are always prepared to sacrifice all they have to ensure holistic development of their child/children.

EFFECTS

1. It may create
 - a. Loneliness
 - b. Panic
 - c. Depression
 - d. Financial constraints
 - e. Feeling of guilt of not doing enough for the child/children
2. Some also face: Stigmatization: name calling eg. “born one” or “pulling a trailer” or “Abeiku” or preparing second born for someone’s first born
3. Most children from single parenting develop
 - a. Low self esteem
 - b. Worry
 - c. Fear
 - d. Withdraw symptoms
 - e. They tend to perform poorly and have emotional instability
4. Child/Children harbour hatred and pain for the absentee parent
5. Drug addiction and alcoholism

How to overcome the problems associates with single-parenting

1. Develop positive mental attitude
 - a. Understand your situation
 - b. Never blame your other partner of your children
 - c. Move on and do the best you can
2. Set reasonable goals
3. Have good time management
4. Take good care of yourself
5. Be careful with the opposite sex

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