



Plan good times and create great memories...

The physical and emotional demands in one-parent families and for partners at home in fly-in fly-out (FIFO) situations, often result in loneliness and feelings of isolation. Be assured - you're not alone, even if it feels that way. Right now there are in excess of one million one-parent and FIFO families in Australia. Creating an environment where the whole family can thrive, no matter what your situation, means ensuring it's not all work and no play for your family.

Invite others into your circle

Social connection is healthy and sometimes it's necessary to extend your circle. If you're a single parent family, inviting men or women whom you respect and trust to be involved in your children's lives, can add a wonderful dimension to everyone's experience. If your partner works away, quarantine some of their 'home time' for being active together, for having fun.

Don't feel you have anyone? Getting to know new people can be as easy as organising a play date or meeting in the park for a picnic and game. If you have neighbours with children or you've noticed another mum or dad at childcare that looks friendly, say, "Hello". Simply start the conversation and be prepared to make a new friend. Playgroup, school, church gatherings and even the local swimming pool can all be great meeting places. It's good to remember that **others need your friendship just as much as you need theirs**. They may be too shy to make the first approach.

Great memories don't just happen

If you feel you're too busy and can't afford to take time for fun, ask yourself, "Can we afford not to?" **Families that play together, stay together**. When you look back in 10 years, you're not going to remember if everything was in its place, you'll remember the look of delight on your child's face as you simply took them by the hand and went exploring together. It's simple but it isn't always easy. By making fun a priority for your family, you're leading by example and enhancing the whole family's wellbeing. Not sure what to do? Ask the kids! If they choose electronic devices, it's a sure sign that it's time to plan something outdoors so you can re-discover a whole new world together.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Say, "Hello!" It's the quickest remedy for loneliness.
- ✓ Social circles allow you to share the load and the joy.
- ✓ When it comes to having fun, let the kids lead the way!

"Grown people with rational minds somehow do not know what's best for them."

Jude Morgan

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