



Developed by Lois Breit, U.S. Missionary to Single Moms  
SUGGESTED HELPS FOR SM'S during COVID-19 and on-going

Do you know the single moms in your church, neighborhood, workplace? Currently the census.gov website has changed on March 31 and does not give the SP stats (hopefully that will change after the new census) Currently this is the most accurate site I could find to get local stats. I couldn't gather by city or zip, but by congressional district.

Kids Count Data Center. <https://datacenter.kidscount.org/data/tables/106-children-in-single-parent-families#detailed/113/10608-10634/false/37,871,870,573,869/any/429,430>

1. During COVID-19: FIND SP's – (local schools, daycare centers, etc)
2. ASK what they need!
3. Groceries – cereal, mac-n-cheese, fruit, vegetables, milk, lunch meat, cheese, perishable items!
4. Do they or their kids have special dietary (allergy) issues they cannot meet right now: financially or physically (finding the items or getting to the store)
5. Anxiety is high! Feeding kids is a huge budget hit, especially right now (many have free lunch program and even free breakfast). Teens at home eat much more food!
6. They are afraid, need words of hope – not more stats or fears
7. Do they need help with their home-schooling effort? Question you can help with via FaceTime
8. Phone calls – moms are isolated with their kids, no other adult. Be sure they have people calling, checking in to see if they need anything, just talk (keep it positive), -let them vent their frustrations, then encourage them.
9. Surprise gifts for mom (personal item) or kids (crafts, coloring, slime, etc). These can be ordered on line for home delivery.
10. Some moms are stressed because they are separated from kids because kids went to dads for break and now can't get home (or dads won't let them come back).
11. A virtual tree with SP family (first names) ... similar to your Christmas tree ornaments used to purchase gifts for missionaries, foster families or other needy families.
12. Isolation is really isolation when you live alone, or only have little children around you all day long. They need phone calls, social distancing walks, uplifting podcasts or worship music (be sure they know their local Christian radio station – most can only listen on their phone (which uses data if they don't have internet) ...who has a radio anymore?? BUT internet is not always an option (the poor do not have internet)
13. Church: can you provide drive-up pick ups for items (TP, cleaning products, wipes, groceries – just drop in their trunks.
14. Church: can you provide drive-up pick for resources (books, devotionals, CD's/ CD players people don't use anymore, craft projects for kids (with materials needed), games, puzzles. ALSO INCLUDE RESOURCE sheets with some of the following helps:
  - a. Useful/encouraging websites or podcasts (ie: You Version reading plans for peace, worry, etc plus scripture reading plans
  - b. Useful links to SM websites (check your local listings, The MN District has a great webpage for SM's. Some things are local, but there are many encouraging SM articles at <https://mnbtg.org/smresources/>