Your Employee Assistance Program is a support service that can help you take the first step toward change.

Raising an only child



For generations, families have consisted of two, three or more children, but that is changing. Today, across the developed world, one-child families are becoming the norm. For example, in the UK and Canada, approximately 45 percent of family units have just one child, and in the U.S, it is 25 percent and rising rapidly.
The reasons for the one child boom are many, but include:

Greater knowledge of and access to birth control.
More educational and career opportunities for women.

- Delayed parenthood.
- Economics.
- Lack of social and family support, including daycare.
- Challenges of work-life balance.

Tips on raising a single child
The old stereotypes surrounding only children – that they're lonely, fearful and spoiled – are simply not true. Research shows that only children benefit from being the sole recipients of their parents' time, attention and resources. They are more likely to be mature, confident, and happy, over-achievers.

Check out these ways to help an only child flourish:

- **Encourage close relationships with other children.** This allows only children to learn how to share, cooperate and stand up for themselves.
- **Foster independence.** It's important for parents of only children to resist the temptation to step in and solve every small problem or conflict.
- **Don't overindulge.** A child who gets everything he/she wants doesn't learn to delay gratification, consider the needs of others or keeping going when things get tough.
- **Ease up on your expectations.** Only children often feel great pressure to succeed as they carry the sole weight of their parents' expectations.
- **Be a positive role model**. Show the character traits you want your child to have.

Probably the best news for "onlies" and their parents is that they'll probably always enjoy extremely close relationships. It seems a one-child family can be a win-win situation for everyone.

For more information on raising an only child, **contact us**.

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