

To the Ones Raising Alone

A Free Letter & Workbook for Single Moms & Dads

You are not less than. You are more than enough.

Introduction — Why This Book Exists

This is not a pity letter. This is not sympathy. This is honor.

For the mothers who juggle bills, tears, and school runs.

For the fathers who show up every single day, even when their own hearts are heavy.

For the parents who play both roles, carrying double the weight without half the recognition.

This book is not here to tell you how to parent. You already know. It's here to remind you that you are more than enough. That you are stronger than you believe. That even in your exhaustion and doubt, you are building a future that will shine through your children.

Chapter 1 — A Letter to You

This one is for you, the one raising alone.

For the mom who skips meals so her kids can eat, who stays up late making sure homework is finished, who lies awake worrying if the lights will stay on.

For the dad who clocks into back-to-back shifts, comes home tired, but still makes time to laugh with his kids, even when his own body is begging for rest.

For the parent who hides their tears in the shower because they don't want their children to carry the weight of their fears.

You may not hear this enough, so let me say it:

You are not failing. You are not less than. You are doing more with less, and that makes you extraordinary.

There are nights you collapse into bed wondering if you've ruined everything, if your children will grow up resenting the absence you couldn't fill. And yet, they look at you with love in their eyes, because they see your effort. They see your sacrifice. They see your love.

You are both softness and strength. You are the hand that comforts and the wall that protects. You are the parent who stayed, who fought, who refused to give up.

And one day, when your children are older, they will look back and say, "*My parent was my hero.*"

Chapter 2 — Truths You Need to Hear

You are not failing.

Failure is walking away. Failure is giving up. And you haven't done that. You've stayed. You've shown up. Even when it wasn't perfect, even when you had to piece things together with duct tape and hope, you showed up. That is not failure. That is love in action.

You are not alone.

It may feel like you are isolated, carrying the world by yourself, but there are millions of single parents just like you — quiet warriors fighting the same battles. The loneliness whispers lies. The truth is: you are not walking this path by yourself.

You are not broken.

Society might say a family has to look a certain way to be whole, but that is a lie. Your family is whole because it is built on love. Wholeness is not about numbers — it's about the presence of love, safety, and care.

You are not invisible.

There may be days you feel unseen, unheard, unappreciated. But your children notice. They see the lunches you pack, the nights you stay up, the way you push through your exhaustion. They may not say it now, but one day, they will remember every sacrifice.

Chapter 3 — Reflection Journal

• **What sacrifices have I made that I want to honor today?**

Write them down — give yourself credit. You deserve to see your own strength in ink.

• **What memory with my child(ren) makes me the proudest?**

Close your eyes, go back to that moment, and relive it here. Write it like a story.

• **When I feel I’m not enough, what truth can I remind myself of?**

Write your anchor. Maybe it’s ‘My kids are loved,’ or ‘I am building something better.’

• **What kind of future do I dream of for my family?**

Don’t hold back. Be as bold and specific as you can.

• **What would it feel like if I gave myself permission to rest without guilt?**

Describe it. Imagine yourself free of the weight, even for a day.

Chapter 4 — Coping & Reset Tools

2-Minute Breath Reset

When the house feels too loud, the bills too heavy, the silence too sharp — pause. Inhale for 4, hold for 4, exhale for 6. Repeat three times. Whisper to yourself: ‘I am safe. I am enough.’

Micro-Joy Moments

Find a spark of joy every single day. A song. A stretch. A deep laugh with your child. Write it down. Keep a list so that on hard days, you can remind yourself joy still exists.

The Ask List

Write down three people or resources you can lean on — a friend, a neighbor, a family member, even a hotline or community center. You are not weak for needing help. Asking for support is part of strength.

Nighttime Reset Ritual

Before bed, whisper one thing you did right today. Big or small, it matters. Write it if you can. Let it be the last thing you hold onto before sleep.

Chapter 5 — Affirmations

Say them. Write them. Stick them on your wall. Let them live in your bones.

I am enough for my family.

My child(ren) are not missing love.

I release guilt — I am doing my best.

We are a whole family.

I am proud of the life I am building.

Write your own affirmations below:

Chapter 6 — Doodle & Expression Pages

Draw the future: what does a joyful, safe family look like?

Design your shield: words, colors, or symbols that protect your peace

Sketch your crown: a reminder of your worth as a parent

Chapter 7 — Closing Note

You may doubt yourself, but your child will not.

They won't remember what you lacked. They will remember that you showed up. That you stayed. That you tried, even when life gave you every reason to quit.

You are not raising alone. The universe, your ancestors, and your own strength are with you. And one day, when your child calls you their hero, you will finally see what we see: unstoppable love.

— DonDada The Resetter

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



