

Training Program: 'Single, but Strong: Support for single mothers'



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Single parents in the Czech Republic

- 22 % of children grow up with one parent
- 300,000 single parent families, $\frac{4}{5}$ of them headed by a woman
- both under- or overemployed
- highest risk of material poverty and working poverty of all household types, even compared to EU average
- gender pay gap & gender care gap
- long parenting leave & lack of childcare



What single mothers say

*But it's more... how just the **nerves** are like strained, because you work, you had to cook every day when the kids were home, and do school on top of that, and I've just watched myself yell really on any excuse. So I thought, really, even for these kids, it must be quite hard to put up with me. (Pavla)*

*But I have to say that sometimes you struggle with those feelings of **anger**, yeah, that I just get angry at times, well. I think to myself that the system is not friendly towards us at all. (Hana)*

*It's a terrible **strain**, for the psyche. Like I'm not the kind of person who believes that if I run out of **money**, it's going to fall out of the sky. Like I just know people like that, I admire them, I guess, their commitment and their faith, but I'm not like that unfortunately. So I can't let go of that. (Claudia)*

*Well, it seems to me that now these single moms, now that the crisis is on, it's worse. As soon as you don't meet something a little bit, or you need to drive half an hour longer in the morning, with the idea of staying half an hour longer in the afternoon, somehow those **employers** don't really want to accommodate that now. (Anna)*

Single, but Strong: Support for single mothers

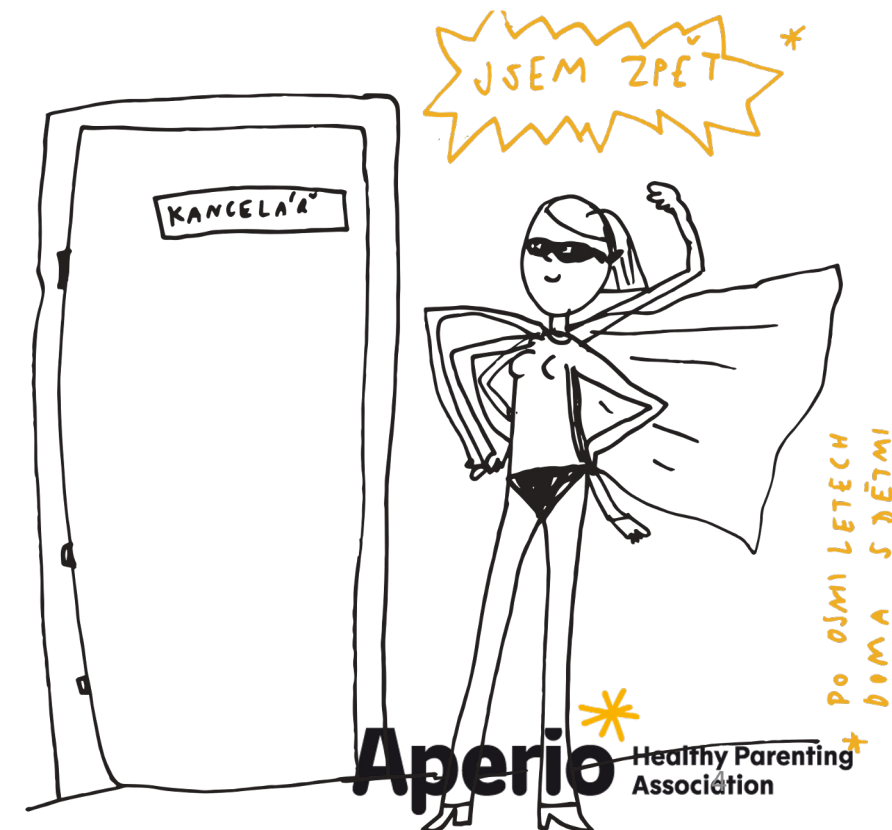
Single parents programmes since 2009

Further development inspired by support programmes from the UK and Ireland (OPFS, One Family)

Programme focused on career development

Theoretical background:

- Self-efficacy theory
- Solution-focused approach



Single, but Strong: Support for single mothers



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Framework:

- Group meetings (approx. 40 hours; we always start with a 2-day session, then variable)
- Optional e-learning

Additional tools:

- Counselling (legal, psychological)
- Coaching and individual mentoring
- Providing organizational support (childcare or travel subsidies)

Single, but Strong: Support for single mothers

Content:

- Core skills:
 - Self-care, time management, planning, confidence building
- Basics:
 - Finance and legislation 1.0, labour market today
- Workplace skills:
 - Asking for a promotion or pay raise
 - Changing your career
 - Glass ceiling and how to deal with it

Single, but Strong: Support for single mothers



Thank you for your attention

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Aperio – Společnost pro zdravé rodičovství, z.s.

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