

THE SINGLE MOM 'I GOT THIS' GUIDE

Real-life resources, shortcuts & backup plans for when you're carrying the whole damn household.

Inside:

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*You don't need to do everything.
You just need a plan for what
matters most.*



— Compiled by Rebecca Realty Group —



1. START HERE

If life feels like too much, begin with the basics.

*You
can do
this.*



1



Your First 24 Hours

- Breathe, then make a quick list of what needs attention today.
- Handle true emergencies first: safety, food, shelter, childcare, transportation.
- Choose your top 3 priorities only—everything else waits.

2



Your Core Checklist

- Pay the most urgent bill first.
- Check groceries, medications, and gas.
- Confirm tomorrow's childcare or school plan.
- Make one important phone call you've been avoiding.

3



Your Support Circle

- List 3 people you can call for help.
- Save school, doctor, and emergency numbers in your phone.
- Pick one backup contact for childcare or pickups.

4



Give Yourself Some Grace

- You are not behind—you are carrying a lot.
- Done is better than perfect.
- Use help when it's available.

A simple plan beats panic every time.



2. WHEN MONEY IS TIGHT

A calm plan helps you stretch what you have.

You got this.



1



Pay These First

- Housing
- Utilities
- Groceries
- Gas or transportation
- Medications

2



What Can Wait a Bit

- Nonessential subscriptions
- Impulse Amazon orders
- Takeout
- Optional extras or entertainment

Needs before wants.



3



Quick Money Moves

- Call companies before a bill is late.
- Ask about payment plans or hardship options.
- Cancel one recurring charge today.
- Make a bare-bones budget for the next 2 weeks.

4



Your Tiny Safety Net

- Aim for your first \$100 emergency fund.
- Save loose cash, refunds, and small wins.
- Progress matters more than perfection.



Small steps still count.



3. FOOD + HOUSEHOLD HELP

Feeding your family counts as success, even when the week is messy.

Meals don't have to be perfect to be enough.



1



Low-Stress Pantry Staples

- Pasta or rice
- Peanut butter
- Eggs
- Frozen veggies
- Soup or canned beans

2



Cheap Meal Ideas

- Breakfast for dinner
- Taco bowls
- Grilled cheese + soup
- Baked potatoes
- Pasta with one protein

3



When You Need Help

- Check local food pantries.
- Ask schools about meal support.
- Use diaper or hygiene banks if needed.
- Accept the hand-up without guilt.

4



Household Shortcuts

- Keep one laundry day.
- Use baskets for fast pickup.
- Paper plates in survival weeks are fine.
- Buy the easiest version you can afford.

Fed, safe, and functioning is enough.



4. CHILDCARE + SCHOOL SUPPORT

The more backup plans you have, the less everything falls on your shoulders.

You got this.



1



Your Backup List

- One emergency pickup person
- One backup babysitter
- One neighbor or family helper
- School and daycare contacts saved in your phone

2



School Basics

- Check the calendar weekly.
- Keep a paper copy of key dates.
- Set outfit, lunch, and backpacks out the night before.
- Use alarms for mornings and pickup times.

3



Ask the School About

- Free or reduced lunch
- Counseling or social worker support
- Tutoring programs
- Sports or activity fee help

4



Make It Easier on Yourself

- Create one homework station.
- Keep a launch pad by the door.
- Say yes to carpool help when offered.
- A simple routine beats a perfect one.

You are allowed to need backup.



5. HEALTH + MENTAL HEALTH

A healthier you helps everyone.

Taking care of you is part of taking care of everyone else.

1



Keep These Handy

- Pediatrician and doctor numbers
- Insurance card photo
- Medication list
- Nearest urgent care and pharmacy

2



Mental Load Relief

- Write it down instead of carrying it all mentally.
- Use reminders and shared calendars.
- Ask for help before you hit a wall.
- Take one quiet reset break every day.

3



If You're Running on Empty

- Hydrate
- Eat something with protein
- Step outside for 5 minutes
- Text one safe person

4



When More Support Is Needed

- Look for low-cost counseling.
- Use support groups or community programs.
- Call a crisis line if you feel unsafe or overwhelmed.
- Needing help is not failing.

You matter here too.



6. LEGAL + PRACTICAL HELP

Some of the most stressful problems get easier when everything is organized.



1



Important Documents

- Birth certificates
- Insurance cards
- School forms
- Custody or support paperwork
- Emergency contacts

2



Keep Copies

- Paper copies in one folder
- Photos of key documents on your phone.
- A trusted person knows where the folder is

3



When You Need Guidance

- Call legal aid for basic questions.
- Ask the court clerk what forms are needed.
- Write dates, names, and notes after each call.
- Keep everything in one place.

4



Practical Mom Admin

- Update passwords
- Review bills and autopays
- Check school emails
- Refill prescriptions
- Schedule the appointments you've been putting off

Order creates breathing room.



7. JOBS + EDUCATION

More income and more options often start with one small next step.

Progress builds brighter tomorrows.



1



Where to Start

- Update your resume
- List your strengths and past experience
- Ask 2 people to be references
- Create a simple job-search schedule

2



Low-Cost Growth Options

- Community college programs
- Certificate training
- Online classes
- Workforce development programs

3



Interview Prep Basics

- One clean outfit
- One practiced introduction
- A plan for childcare
- Know your availability and pay needs

4



Don't Forget

- A better job can take time.
- Use scholarships or grants when available.
- Every application is momentum.
- You are allowed to want more stability.

One next step can change a lot.



8. CAR + HOME EMERGENCIES

Because something always decides to break at the worst possible time.

Better prepared today.



1



Keep in Your Car

- Phone charger
- Blanket
- Flashlight
- Tire inflator or fix-a-flat
- Small first-aid kit
- Snacks and water

2



Know Before You Need It

- Roadside assistance number
- Your mechanic
- Your insurance claim number
- A trusted plumber or handyman
- Utility emergency numbers

3



If the House Acts Up

- Know how to shut off water.
- Change furnace filters regularly.
- Keep extra batteries and light bulbs.
- Write down appliance ages and warranties.

4



When It Happens

- Pause before panicking.
- Take photos if needed.
- Call the right person first.
- Safety before cleanup every time.

Prepared feels better than panicked.



9. CHEAP + FREE FAMILY FUN

Good memories do not have to cost much.

*Small Moments
Big Memories* ♥

1



Easy Free Ideas

- Library visits
- Park picnics
- Nature walks
- Movie night at home
- Board games or card games

2



Low-Cost Wins

- Splash pads
- Ice cream dates
- Dollar-store crafts
- Mini scavenger hunts
- Bake something simple together

3



Make It Easier

- Keep a running list of ideas.
- Say yes to short outings.
- Do not overcomplicate fun.
- The kids mostly want your attention.

4



Tiny Traditions

- Friday movie night
- Sunday pancakes
- One monthly adventure
- Birthday breakfast
- After-school walk and talk

Connection matters more than money.



10. EMERGENCY PLAN ESSENTIALS

When life gets chaotic, a written plan saves time, stress, and tears.

*Prepared
Moms
are
Powerful
Moms.*



1



Important Numbers

- Emergency contact
- School or daycare
- Doctor and pharmacy
- Trusted family or friend
- Roadside assistance

2



Your Go-To Info

- Insurance details
- Medication list
- Allergies
- Address list
- Passwords or account access plan

3



Pack or Prep

- A small cash stash
- Phone charger
- Extra keys
- Copies of important documents
- A few comfort items for kids

4



Remember

- A written plan lowers panic.
- You can update this page monthly.
- Asking for help is part of the plan.
- You are doing better than you think.



*You don't need to use every resource in this guide.
You just need to know they're here when you need one.*