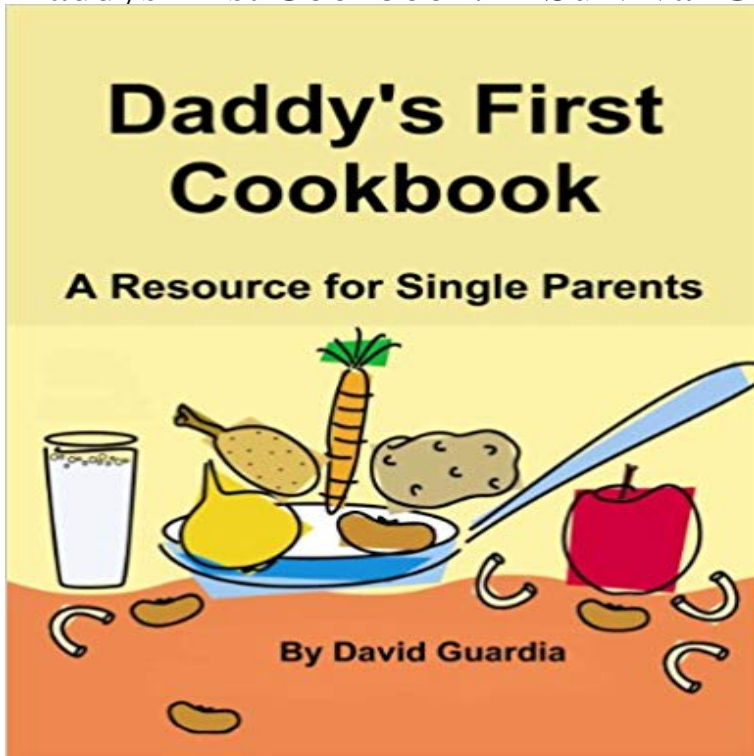


Daddys First Cookbook: A Survival Guide for Single Parents



Astonishingly, the 2000 US Census notes over 4.3 million single male parents raising children and another 12 million single female parents, numbers that, unfortunately, are growing substantially each year. Most will benefit from the experiences described in *Daddys First Cookbook*. When my marriage ended, I became one of those statistics. I suddenly found myself in a distinctly minority role - a father raising two young daughters as a single parent. Sure, I knew about cooking, and cleaning, and doing laundry. I had even done each and every one of these tasks, either during my tenure as a bachelor, or as a parent sharing responsibilities. But, I quickly discovered that helping with household chores, and having sole responsibility for all the chores, are two very different experiences. Parenting is normally a shared experience and it is this sharing that allows most people to cope without becoming overwhelmed by the responsibility. I quickly became overwhelmed. Slowly, and with many often humorous mistakes, I worked out a system that allowed me to accomplish both my career and my parental responsibilities while still keeping my sanity and enjoying my children. This book is about my system. *Daddys First Cookbook* is not a list of recipes, but a menu for living life as a single parent. Written from the perspective of a single father, it is equally applicable to a single mother raising small children. This book illustrates tricks for time management and organization. It contains humorous essays of my mistakes and the tremendous insights of small children. Most importantly it helps a parent improve the quality of life with their kids. Oh, yes, it also contains some cooking recipes!

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