

Solo Parents: Ideas on Community Building in New Zealand

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ABSTRACT Solo parent families are often marginalized in their communities for a wide variety of reasons. Financially, such families tend to be less affluent and more dependent upon government agencies for resources than two parent families. Emotionally, many single parents have endured abusive relationships, violence, stress, isolation, and concomitant low self-esteem. Although community psychologists can and sometimes do intervene, solo parents themselves may generate effective social support networks that create meaningful psychological and social ties within a community context. This article describes the situation of solo parent families in New Zealand, and offers ideas and approaches suitable for community psychologists and others who might seek to intervene to foster more harmonious community relationships.

