

## **Single parents are superhumans**

Have you ever wondered how your parents managed to provide you with all of your necessities? How your mother still struggles to raise a child even with the help of your father? Now, imagine a single mother raising a child with having no one to rely on, wherein she is required to be able to manage everything all by herself. Parents, even single parents are indeed superheroes. Meet our real-life superhero-- Clair Jane Tumulak, 21 years old, is a single mother with one child. She got pregnant when she was eighteen years old. She is the strongest and bravest person that I have ever met, and that's what makes her a real-life superhero.

Raising a child is never easy, especially if you are a single parent. According to Emma-Louise Smith, "As a single mum, you'll discover inner strengths and capabilities you never knew you had". It takes so much energy and patience to raise a child single-handedly. Aside from the physical exhaustion, the most challenging part of being a single parent is having no one on the other side of the scale. Having to see your child's progress all alone and no one to share it with, having to endure the pain when you see them sick, and having to decide what's best for them without getting help. Mentally, it just takes so much courage and strength to be one. You do everything all alone from carrying the child inside your body for nine months until you give birth since your partner is not there to support you and your child. "I was even the one who called a taxi for myself so that I can get to the hospital during labor while bringing those big bags. I was doing everything alone." she said. She did a lot of difficult things. It seems impossible, but if you are a single parent, you will do everything in your power, wherein you will make impossible things possible. "A single-parent must work full time to be able to afford to provide for themselves and their child." She also experienced financial burden, this is the reason why she had to hustle hard and double her time. In addition, the hardest thing about being a single parent is sacrificing your personal goals for your child. You will stop everything including the things that are good for you. Everything will be left behind, especially your studies just so you can provide full attention to your child's fundamental years. You will not have time for yourself

anymore because your time, focus, and priorities are already on your child. It is your responsibility and you cannot run away from it. It takes time to get back on track and realign your life again. Seeing her son growing up without a father is also one of the hardest things about being a single mom. With all of these hardships that she has been through, she still managed to overcome them all. Alone. She gave time for herself to adjust, do every single thing slowly, and made sure to take care of herself. That's her way of coping. She also had enough support from her family which made things manageable. She learned a lot from her past experiences. "Bearing a child is hard, but raising one is a lot more. It's a lifetime responsibility and one should stand for it." Being a parent means doing everything you can for the good of your children. You give more for your children even if it means giving less for yourself. Everything won't matter as long as that child you are bearing will grow into a beautiful one. In the end, it can be very rewarding. And, the best advice that she can give to her fellow single parents is that, "Don't be too hard on yourself. Always schedule a time of the month to pamper yourself because you deserve it. Stay positive and be kind. Remember that all of this happens for a reason." Don't forget to take care of yourself while taking care of your children. Don't let things get into you because you will get through it all. Always.

It takes a strong person to be a single parent and take on two roles. A single parent will put herself through hell just to make their children happy. They will do everything in their power no matter how difficult it is to provide for their children's necessities. Every single parent that I have known has learned how to be independent at a very young age since most of them have no one to run to when they need help and support both financial and emotional, especially since their partners were the ones who neglected the responsibilities of raising a child first. Raising a child is not easy. You will face a lot of downfalls in your life such as financial burden because raising a child is very expensive. Most especially, being a single mother doesn't make you less of a woman. No matter what, you will achieve everything that you desire in life because being a single parent is not and will never be a hindrance to your goals.



I interviewed her during her shift that's why we don't have a lot of pictures together properly. She is very busy. And, that is her son sleeping next to me.