

Single Celebrity Parents: Balance Your Career & Parenting Like Sandra Bullock



By [Bonnie Griffin](#)

One [single celebrity parent](#) who seems to have it all figured out when it comes to being a full-time actress and mom is Sandra Bullock. According to *RadarOnline.com*, Bullock was already helping raise her three stepchildren in her previous marriage when she decided to adopt her baby boy from New Orleans. Bullock handled her quickly changing family situation and becoming a single mom with grace, making a smooth transition into her role as a single celebrity mom.

This single celebrity parent balances working full-time as an actress in the public eye. What are some ways to balance being a full-time single parent and a full-time career?

Cupid's Advice:

Trying to balance work and being a single parent can be the most difficult job of them all. Spending time away from your child to work, then coming home to take care of them and provide a happy, healthy home can be a lot to juggle for anyone. Cupid's has some [parenting advice](#) to help you balance work and parenthood:

1. Find your support system: Being a single parent doesn't have to mean you are all alone. Everyone needs support, whether it be someone to listen when we need to vent or to lend a helping hand. This includes single parents. Reach out to family or friends and find people who are willing to listen and occasionally pitch in when you need some time for yourself.

Related Link: Parenting Tips: [Apply Research to the Practice of Parenting](#)

2. Take care of yourself: It is easy to focus all your energy on making sure your children eat well and take their vitamins so that they are healthy, but it's not as easy to remember to take care of yourself. If you are going to pull double-time working and being a single parent, taking care of your own health is essential so that you can care for your child and not wind up completely worn down and exhausted. Your health

will help you keep up with your busy career and allow you to be the best parent you can be.

Related Link: [Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work](#)

3. Have a backup plan: The unexpected can happen to anyone. We would all love to ditch work and take care of our child anytime they are sick or don't have school, but that isn't always realistic when you're working. It is important to have a plan for what to do when something happens out of the ordinary, like losing a job or handling work when you have a sick child. Having a friend, neighbor, or family member as a backup for childcare when you cannot take your child to daycare or school will help you balance work and parenting. Folks in the IT world know that passing the Cisco 200-125 test to get the [ExamSnap's Website](#) credential can make all of the difference. Other parents simply go back to school to find what they love to do.

What are some ways you balance being a working parent? Let us know in the comments below.