

# Denise Richards Sheds Light on Being a Single Mom



Denise Richards has certainly proven herself to be a dedicated single mom. Richards is a former supermodel and mother of three (two of who she had with ex-husband Charlie Sheen). When Sheen had his outbursts last year, Richards knew better than to continue to lie to her children and keep them in the dark. She decided to educate her daughters about the cause of those outbursts: addiction. According to [UsMagazine.com](http://UsMagazine.com), Richards said, "It's too early [for them to understand], but I told them enough for them to make sense of things that were going on." There's no doubt that single parents can use Richards as an example.

**How do you explain to your kid(s) why you're a single parent?**

**Cupid's Advice:**

Sometimes it can be difficult raising kids on your own. Cupid shares how to handle the time when kids ask why you're a single parent:

**1. Don't bash your ex:** When explaining why you're no longer in a relationship and why your partner is absent, don't criticize them. Like Richards, take it as an opportunity to educate your child.

**2. Don't lie:** Some parents like to sugarcoat things for their child, but that's not always the best option. It's usually better for them to hear the truth from you, even if it's not the whole story of your separation.

**3. Memories:** Explain that sometimes all you have are memories. Share the good times with your child, but let them know that it wasn't always happy and that your being a single parent was best for both you and them.

**How do you help your child understand your being a single parent? Let us know in a comment below.**