

# Connie Britton: “Being a Single Mom Is Challenging”



By [Andrea Surujnauth](#)

Connie Britton recently chatted with [More](#) about the challenges of being a single mother. The *Nashville* star shared, “Being a single mom is challenging, but never in a million years would that have stopped me. You get an idea in your head and you’re going to do it.” She [adopted](#) her son, 2-year-old Yoby, from Ethiopia. She also talks about her busy lifestyle, which includes working and taking care of a toddler. “The schedule is insane to the point where I lose a lot of sleep at night worrying about how little time I have to sleep and mostly what little time I have to be with my son,” she said. But Britton doesn’t let lack her lack of sleep get her down. “People can tell you how hard marriage is or how hard it is to birth a [baby](#), but we do these things. We want the journey of that.”

**How can busy working moms still make time for themselves?**

## **Cupid's Advice:**

It's not easy to head off to work each morning and still keep the house clean, the refrigerator stocked and the dogs groomed. And with kids around, it's even more difficult to get everything done. Still, it's important to for busy moms to take some time for themselves. Here are a few ways that they can fit everything in during a hectic day.

**1. Be organized:** Set a strict schedule of your daily activities. This way, you can see what needs to be done and when you are free. During that unreserved time (or while the baby is napping), maybe you can take a bath or catch up on some reading, which can both be very difficult to do as a [single mom](#).

**2. Have quality mommy time:** The key word here is "quality." Being a working [mom](#), you may not be able to spend hours and hours with your kids, but make the most of the time you do have. Save any extra work or personal items for after your children are asleep.

**3. Plan fun activities:** Keeping your little ones busy with out-of-house activities may give you some time to finish up that project from work or even have some alone time. Enroll your [kids](#) in some type of extracurricular activity that teaches them something new in a healthy and safe environment. Some examples include dance class, karate class, after-school clubs or art camp.

**How do you make time for yourself between kids and work? Tell us in the comments below.**

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# Connie Britton Adopts a Son from Ethiopia



Connie Britton, star of the new hit series, *American Horror Story* is the proud new mom of a baby boy from Ethiopia. Britton finally got to bring nine-month-old Eyob home after a three-year-long adoption process. According to [People](#), the 44-year-old actress is happy for motherhood and says that her son has completed her.

**What are some ways to bond with an adopted child?**

## **Cupid's Advice:**

When you adopt a child, bonding can be difficult. Here are some tips for you and your child to become comfortable with each other. Bonding takes time, but with love, it will happen sooner than later:

**1. Teach and learn:** If your child is from a different

background than you, take time to explore their culture together. A trip to a museum, library, or restaurant when they're older will bring you closer.

**2. Interact with your baby:** You are not the child's biological parent, so eye contact during feedings are important to your baby getting to know you and creating a bond stronger than any biological relationship. Try a baby massage class to learn the value of touch.

**3. Interact with your older child:** Older children take a little more time to bond with, but the techniques are the same. Love, conversation, eye contact, touch and honesty will do the trick. Remember that growing close takes time.

**How did you bond with your adopted child? Share your experiences below.**