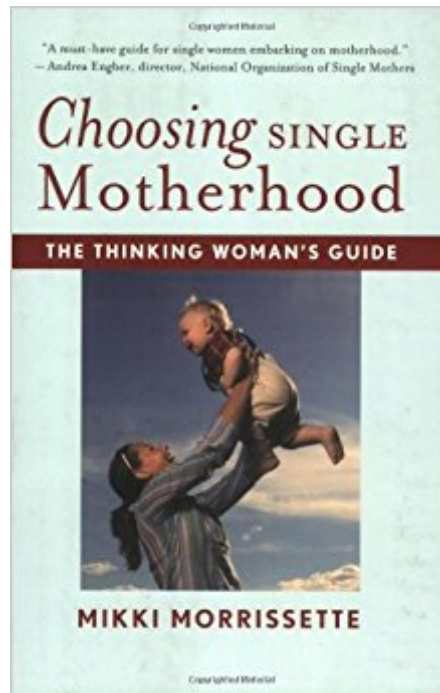




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# Choosing Single Motherhood: The Thinking Woman's Guide



## Synopsis

The comprehensive guide for single women interested in proactively becoming and being a mother—includes the essential tools needed to decide whether to take this step, information on how best to follow through, and insight about answering the child's questions and needs over time. *Choosing Single Motherhood*, written by a longtime journalist and Choice Mother (a woman who chooses to conceive or adopt without a life partner), will become the indispensable tool for women looking for both support and insight. Based on extensive up-to-date research, advice from child experts and family therapists, as well as interviews with more than one hundred single women, this book explores common questions and concerns of women facing this decision, including: Can I afford to do this? Should I wait longer to see if life turns a new corner? How do Choice Mothers handle the stress of solo parenting? What the research says about growing up in a single-parent household—how to answer a child's questions—“daddy” questions—the facts about adoption, anonymous donor insemination, and finding a known donor—how the children of pioneering Choice Mothers feel about their lives. Written in a lively style that never sugarcoats or sweeps problems under the rug, *Choosing Single Motherhood* covers the topic clearly, concisely, and with a great deal of heart.

## Book Information

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## Customer Reviews

MIKKI MORRISSETTE is a Choice Mother of two and a longtime journalist. She has been both a writer and an editor at Time Inc. and has written and edited special projects for The New York

Times. She lives with her children in Minneapolis, where she maintains the ChoiceMoms.org website, and travels around the world hosting workshops for single women who are contemplating and making this choice.

I was one of the lucky ones. Before I became a Choice Mom, I was oblivious to the issues that many Thinking Women face. I didn't worry about whether I could afford it, because I had a high-paying job. I didn't worry about whether I could handle the stress of solo parenting, because I assumed that I could handle anything. I didn't grieve the fact that I was embarking on motherhood without a lifetime partner, because I had never been a fan of convention. So I was lucky &#151; at the start, anyway. Ignorance can be bliss. Shortly after I became pregnant I started to freak out about whether I would actually like being a mother. Maybe I'd been foolish to think it was the logical next step of my life . . . maybe I was supposed to stay solo, traveling and writing and having experiences as a lone wanderer in the universe. Wouldn't my life stop if I was locked inside four walls changing diapers and, ohmigod, actually preparing three meals a day, and helping someone else turn into a person who had experiences? Bump. After my daughter was born, in that first year of often lonesome, scary motherhood I discovered many moments of sadness that I wasn't sharing her development, and mine, with someone else. My local friends were single and childless, with no real interest in being part of my motherhood journey. My family was literally a thousand miles away. I didn't have a childhood dream of &#147;husband, wife, and kids to grieve, but I found myself grieving something I couldn't even define. Bump. After three months of unpaid leave, I was ready to return to my well-paid job &#151; only to learn that I was being &#147;eliminated. CRASH! Talk about a rude awakening to the realities of life. In hindsight, I'm happy I was oblivious beforehand to how much my life would change. After talking to more than 100 women about their struggles in reaching this decision &#151; and their struggles after &#151; I understand how lucky I was to avoid many of the typical concerns before Sophie was born. Although I had no regrets about being a Choice Mom, my hard-won lessons about the bumps in the road made it more difficult to make a decision the second time. It took about two years of inner debate before I chose Choice Motherhood again, and Dylan was born. Today's Choice Mothers feel less stigma about their decision than did pioneers of the 1980s. But that doesn't mean it's an easy choice. Women today tend to focus less on whether having a child will be seen as &#147;legitimate for her and the child, and more on whether the decision itself is a legitimate one: Will I have the strength and energy to be a good mother? Do I have the financial,

emotional, and support resources to pull it off? Should I wait a little longer to see if life turns a new corner? If you're struggling with some of the typical "Should I?" conflicts, the next four chapters have been written to help you through. "Am I Single-Mom Material?" looks at some of the most common reasons women hesitate as they contemplate this choice. "Can I Afford It?" explores the number one issue of concern, finances, based on results of an informal survey I did in 2003. "Grieving the Childhood Dream" includes personal stories of women who came to this decision reluctantly, having dreamed for years of raising children with a lifetime partner. "Will My Community Accept Us?" examines the disapproval women have faced from family, friends, and other members of their local network. It also revisits the national conversation Vice President Dan Quayle launched in 1992 about Choice Motherhood when he decried the TV show Murphy Brown for mocking the importance of fathers. NOTE: These are very common concerns. While the material here is ultimately reassuring; so many women have addressed them and gone on to Choice Motherhood; there are many more women who have chosen not to become a single mother because of these questions. Listen closely to yourself.

I am really enjoying this book. it was just what i needed! Covers a large verity of topics in an accessible way with good references and resources. Book intermingles authors personal experience, other's stories and lots of well researched psychoeducation. Has encouraged me to consider several topics i had not yet as well as clarified several perspectives of issues i have wondered about. Highly recommended for anyone considering becoming a single mother by choice. This would not be overly relevant to a child who have become single after the child's birth.

This book provided encouragement, caused deep thought, and gave varying perspectives. It is enlightening, but also supports one's own path and covers different types of motherhood.

This book discusses so many aspects of single motherhood that a potential mother might worry about. The advice is sound and both sides of each complex issue are presented fairly. It doesn't lead you to a specific answer, but does provide enough information to allow you to add to whatever information you already have to make a decision. I highly recommend this and am happy I bought it, rather than checked it out at a library. It will be a good manual during my journey. The one downside is I would have liked to have seen more specifics when it comes to telling people, including the

child, about the father. Most of the books I've read - or the items online - give general advice. But what I think a lot of us want to know is, "What actual and specific words did you use?" (whether the words worked or not). But I highly recommend this book.

Didn't have any examples that closely resembled my personal situation, but was able to take small bits and pieces to apply to my situation.

I have really enjoyed reading this book. I have already decided to become a choice mother, however this book really helped me articulate my feelings better, and gave me tools to talk to family members who have questions.

This was one of the best books I read about becoming a single mother by choice. SMC

This book has been very informative and is well written.

Light on humor and heavy on the serious issues surrounding single motherhood. Too much for one sitting, but I'll keep it as a resource. In my experience, some of the issues, such as being judged by one's community for being a single mom, are not as relevant today, at least in my area. If you're secure in your decision to be a single mom, others will take their cue from you.

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