

# SINGLE MOTHERS

## on a budget

**1440** minutes in a day

=

**86400** seconds in a day

For a single mother, **THERE'S NEVER ENOUGH TIME.**



## SINGLE MOTHERS: An Unmovable Force

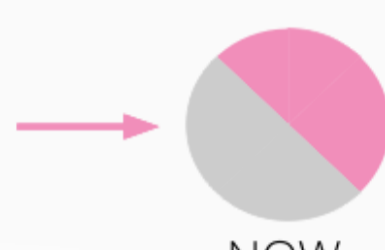
Contrary to popular belief, most single mothers are not only employed, they also work multiple jobs.

Single mothers have: the **highest rate of unemployment**, yet they have the **lowest rate of pay.**



**71%** of all mothers are in the workforce

Women make up nearly half (**47%**) of the U.S. Labor Force today. In 1970, women only made up **38%**.



## FINDING TIME as a SINGLE MOTHER



A Single Mother's Time Is Precious

**41%** of single working mothers say they always feel rushed vs. the national average of **23%**.

## FINDING TIME TO BREATHE

- Search the Internet for quick meal tips to help make the most of your free time.
- Build your own support system by enlisting the help of family and friends.
- Try and give yourself one night off a week.
- As a single parent, you're in charge of taking care of life's everyday activities. Therefore, finding "me" time can be hard.

## A DAY IN THE LIFE OF A SINGLE PARENT'S WALLET



### Adding It All Up



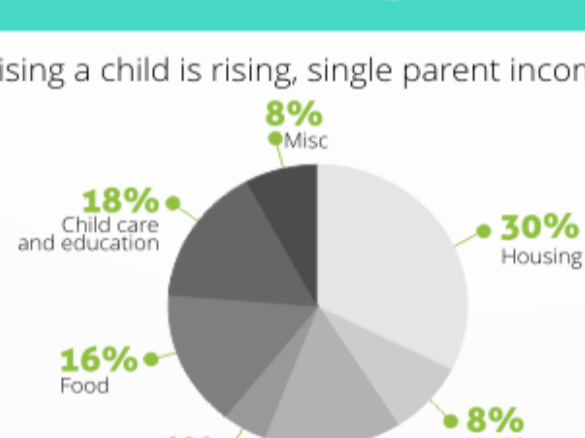
Did you know that more than **80 PERCENT** of all single parents are **FEMALE**?

SINGLE PARENTS **\$24,000** a year  
AVERAGE HOUSEHOLD **\$53,046** a year

The average household income for a single parent is **\$24,000** a year, while the national median household income is **\$53,046**.

## A Single Parent's Budget Breakdown

Although the cost of raising a child is rising, single parent incomes remain the same.

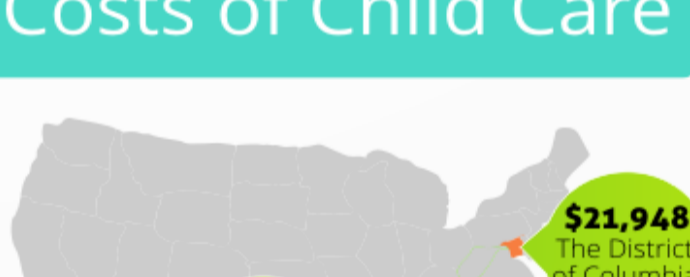


Over **\$240,000** The cost for raising a child from birth to age 18.

## Looking at the Costs of Child Care

Children of working mothers spend an average of **35 HOURS** a week in child care.

Full-time infant care can cost anywhere between \$4,863.00 in Mississippi to \$21,948.00 in the District of Columbia.



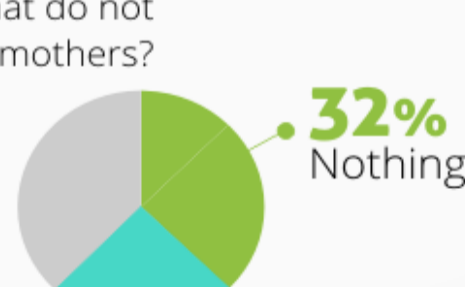
## A League of Their Own

**20.4%** Single mothers  
**12.7%** National average



Did you know that the U.S., Swaziland, Lesotho, and Papua New Guinea are the only countries that do not mandate any paid leave for new mothers?

Only **24%** of single parent households that are headed by women receive child support; **32%** receive nothing.



## CREDIT STATS AND HELP WITH DEBT

Finding Time for What Really Matters

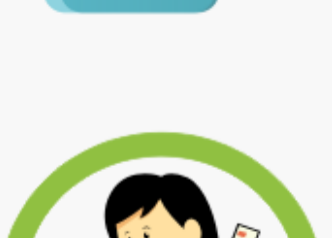
Did you know the average American owns at least three credit cards?



**\$15,000** CARD DEBT

The average American household has an average credit card debt of over \$15,000.

### SINGLE MOMS ARE ALWAYS ON THE GO.



As such, it can be hard to keep track of the family finances. Falling behind on bills can be easy, and sometimes fixing the problem takes a little more time and effort than one can afford.

Being a mother is a full-time job. Being a single mother is like having **two** full-time jobs.

An infographic by CREDIT GUARD OF AMERICA

**SOURCES:**

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