



A FREE RESOURCE

The Solo Parent Starter Toolkit

A Quick-Start Guide for Parents Doing It Alone

BY LADI BINT IDREES
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Hi there...

My name is Ladi Bint Idrees...

I am a forty-plus mother of three whose own journey through divorce after fifteen years of marriage has deepened my compassion for families walking challenging paths. For nearly two decades, I have served as a teen mentor and educator, guiding young people with wisdom, discipline, and care.

I am passionate about my faith and worship of God, and believe that strong families are the foundation of a healthy humanity. I am also a self published author whose writing reflects my dedication to nurturing children and shaping homes rooted in love, discipline, and purpose.

I hope my legacy will be a lasting shift in how the world views the family — not just as a private unit, but as the heartbeat of our shared future.

I pray we can benefit from each other on this noble journey...

#FaithBasedParenting #ParentingWithPurpose
#FaithAndFamily #InspiringFamilies #ThrivingChildren
#BooksWithPurpose #TheSoloParentPlaybook #AuthorLife
#FamilyLife #StrengthAndGrace



WELCOME

Dear Parent,

Parenting alone can feel like a mountain climb without a map. Some days it's exhausting, other days it's lonely, and often it feels like you're carrying the whole world on your shoulders.

This guide is here to remind you: you are not alone. Inside, you'll find simple tools, practical routines, and quick mindset shifts to make your journey lighter. These aren't complicated strategies — they're small, steady steps that make a real difference.

Keep this toolkit handy. Print out the planner pages. Post the reminders on your fridge. Come back to it on tough days.

Most of all, remember: your presence matters more than perfection.

With love and solidarity,
From the author of *The Solo Parent Playbook*

Ladi Bint Idrees

MUM * EDUCATOR * MENTOR



How to use this guide

This toolkit was created to be simple, practical, and flexible — so you can use it in whatever way fits your daily life. Here are a few suggestions to make the most of it:

1. Start small.
2. You don't need to use everything at once. Begin with the section that speaks to your current need — maybe the planner sheets, or the quick reset list.
3. Print and post.
4. Print out the daily planner and stick it on your fridge or keep it in a binder. Use it as a family routine anchor.
5. Keep it visible.
6. Put the affirmations and mindset shifts somewhere you'll see them daily — on your mirror, in your bag, or on your phone background.
7. Use the charts with your kids.
8. Show your children the "Discipline with Love" phrases. Let them hear you choosing calmer words. Over time, they'll begin to copy you.
9. Turn to the reset list on hard days.
10. When you're overwhelmed, flip straight to the "Quick Reset" page. Sometimes just one small action is enough to change the tone of the whole day.
11. Come back often.
12. Parenting is full of ups and downs. Revisit this toolkit whenever you need encouragement, structure, or a reminder that you're not alone.

Most importantly: give yourself grace. You're doing something incredibly important — and this toolkit is here to make that journey lighter.

Questions?

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A QUICK-START GUIDE FOR PARENTS DOING IT ALONE





Section 1: 5 Mindset Shifts for Thriving, Not Just Surviving



**TAKE CARE
OF YOUR
MIND**



MIND SHIFT 1

You don't need to be perfect.

- Your kids don't need a flawless parent — they need a present one.

MIND SHIFT 2

Asking for help is a strength.

- Leaning on others shows wisdom, not weakness.



MIND SHIFT 3

You're building resilience.

- Every challenge you overcome teaches your children grit and courage.

MIND SHIFT 4

Joy belongs to you too.

- Thriving isn't selfish — it's part of being the best parent you can be.

MIND SHIFT 5

Small wins count.

- Did you make them smile today? That's enough.





Section 2: Daily Planner Sheet





(Tip: Print multiple copies and use daily.)

Morning Reset

- ☐ 3 priorities for today
- ☐ School prep (homework, uniform, lunch, transport)
- ☐ Quick family check-in: “How are you feeling today?”

Evening Reset

- Dinner plan: _____
- “One good thing that happened today”: _____
- Tomorrow’s prep: _____

Self-Care Box

- Did I drink water? ☐
- Did I rest for at least 10 minutes? ☐
- Did I connect with someone? ☐



(Tip: Print multiple copies and use daily.)

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Section 3: Discipline with Love





SOMETIMES DISCIPLINING FEELS LIKE A BATTLE

But children respond better to calm connection than to shouting.

Try This Framework: Name it → Frame it → Redirect

Name it: “I see you’re upset.”

Frame it: “We need to use calm voices.”

Redirect: “Let’s try again together.”

Behaviour	What NOT to say	Try this instead
Child shouting	“Stop it right now!”	“Let’s lower our voices together”
Refusing to do homework	“You are so lazy!”	“I know doing homework feels tough today -let’s start with one question”
Sibling conflict	“Why can’t you behave?!”	“I need you both to pause and reset... use gentle hands”





Section 4: Quick Reset for Parents





RESET 1

Remember HIM - GOD!

RESET 3

Step outside for 2 minutes of fresh air.

RESET 4

Write down one small gratitude.

RESET 5

Text or call a friend — don't isolate.

RESET 2

Take 2 deep breaths in, 4 slow breaths out.



RESET 6

Play a calming nasheed or favorite song.

RESET 7

Drink a glass of water.

RESET 8

Whisper to yourself: "I am doing enough."





On a final note...

THANK YOU FOR TAKING TIME TO GO THROUGH THIS
TOOLKIT.

Dear Parent,

If you've read this far, I want to pause and say thank you. Thank you for showing up for your children, for yourself, and for the future you're building — even on the hardest days.

I created The Solo Parent Starter Toolkit as a companion for parents like you who often feel unseen, yet carry so much love and responsibility. My hope is that these simple tools bring you comfort, confidence, and the reminder that you are not walking this road alone.

This is just the beginning. My upcoming book, The Solo Parent Playbook, goes even deeper — with stories, strategies, and encouragement to help you thrive, not just survive.

I'd love to stay connected with you. If you haven't yet, join my mailing list for updates, resources, and a supportive community of parents who understand.



Want more tools, stories, and encouragement?

Sign up for my newsletter and get updates on The
Solo Parent Playbook.

Together, we rise.

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WANT TO CONNECT SOME MORE? FOLLOW US
ON:

INSTAGRAM: PARENTING_CHARACTER_COACH

FACEBOOK: LADI BINT IDREES

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COMING SOON!



My new ebooks on faith-guided parenting and teen coaching will be launching. You'll get early access as part of this community. Stay tuned!