

## Making Valentine's Day Special for Kids in a Single Parent Household

If you're single on Valentine's Day, it can be very tempting to just try to opt out altogether, but if you have kids, this probably isn't an option. The stores are full of chocolates, teddy bears and heart-shaped balloons, and most schools and day cares have some type of Valentine's Day activities that are going to let your children know something's up. Instead of focusing on everything you don't have on this day, try these fun ideas make Valentine's extra special for your children.

### 1. Set the stage

Decorating is a quick, and relatively no-fuss, way to instantly create a festive mood for this special day. Tie up some Valentine's garland or string lights before the kids wake up, so they start the day off with some excitement. Or get them in on the fun by having them make paper hearts out of construction paper or paper plates and stringing them up or taping them to the walls. Balloons are also a cheap and easy way to create a party atmosphere, even if it's just for before-school breakfast.

### 2. Have fun with food

One of the easiest ways to make Valentine's Day extra special is to create some themed dishes. Instead of opting for store-bought chocolates, consider getting the kids help in baking and decorating some heart-shaped sugar cookies. If you're short on time, add some red food coloring to the milk in the morning or try some pink pancakes with some heart sprinkles.

### 3. Facilitate a letter writing party

Valentine's Day doesn't have to just be about showing a partner romantic love. Just like with kids' classroom Valentine's parties, it's also a great opportunity to show those around you that you care. A fun activity can be to sit together and write letters to each member of the family, telling them what you love about them, why you appreciate them and how they make your life better. Even young children can get in on the fun by dictating their letter to you or an older sibling or even just drawing a picture of something they like to do with the other person. Exchange the letters over dinner or before bed for a special way to wrap up the day.