

## Valentine's Day as a Single Parent: 3 Tips for Getting Through a Difficult Holiday

Valentine's Day comes around every year on February 14th, and whether you see this is a good or bad thing can largely depend on your relationship status, or lack thereof. Even if you don't usually mark the holiday at all, it can still be a difficult day to deal with as a single person. Here are three tips to make it a little easier — and maybe even downright enjoyable.

### 1. Set realistic expectations

While rom com movies may try to get you to think otherwise, if you're single this Valentine's Day, it's not likely that your soulmate is going to show up randomly and whisk you away for a romantic evening. But that doesn't mean that you can't still have a good — or even great — day. Consider planning a meetup with some other single friends — bonus points if they have kids and you can keep the whole crew occupied — to give you *something* to look forward to and a way to keep your mind from going off into fantasy land.

### 2. Avoid social media

While keeping up with friends and family via social media definitely has some advantages, this is one day of the year when it might be better to just sign out and disconnect for the day. Your timelines and feeds *will* be covered in sappy messages, cute farm-animal-filtered pics and declarations of undying love. And while other people certainly have the right to post what they want, even on Valentine's Day, it's important to remember that social media isn't real life, and those perfect-looking, so-in-love couples still fight about who's working too much and who forgot to put milk on the grocery list.

### 3. Flip the script

Just because Valentine's Day is about couples showing their love for each other doesn't mean that's *all* it can be. Instead, create a new holiday tradition and think about all the ways you can take care of and show yourself love. Setting yourself up with a day at the spa is a great way to indulge in some self-care and take some time out to relax, but anything that makes you feel peaceful and refreshed is fair game. Maybe you like to get outdoors and a long walk or hike to see the signs of spring is in order. Or maybe it's time to get back in touch with your creative side and spend the day painting or drawing with no pressure or expectations. Treating yourself on Valentine's Day doesn't have to be expensive either. A luxurious bubble bath in your own tub with some candles, essential oils and a good book can go a long way.