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How can single moms care for themselves and their children during a pandemic?

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Western HealthSciences

Health Promotion My research in 150 words – Inspiring minds

Student Name: Lisbeth Pino

Supervisor: Dr. Joy MacDermid

Title: How can single moms care for themselves and their children during a pandemic?

I study how single mothers maintain their health and support their children's health during a pandemic. Single mothers have unique challenges because they may not have another person helping in the home, and help outside the home may be restricted by public health rules. My research plan will answer 3 questions about their experiences: 1) How did family responsibilities change? 2) How do they implement health rules to prevent COVID-19, like social distancing and mask wearing; and what things affected those changes? and 3) How do they maintain other healthy behaviors like: healthy eating, exercise, and mental health? I will use surveys and interviews to understand their experiences and needs, and then make recommendations. This issue is very meaningful to me because I grew up with a single mother in Ecuador and I saw her struggle to provide food, safety and a better life for her children.