

Changes in Home and Family Responsibilities among Single Mothers during the COVID-19 Pandemic

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The pandemic presented new challenges in completing home and family responsibilities.



Single mothers had special challenges in the home during the pandemic as they may be sole income earners and have less supports.

Family responsibilities increased during the pandemic, particularly in gendered roles such as meal preparation, cleaning, and caring for children in the home.



Mothers had more family responsibilities following the pandemic.



Each additional person living in the home decreased family responsibilities for single mothers indicating the importance of support systems.



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MENTAL HEALTH PROMOTION

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