

- buy yourself something you've been wanting – wrap it up for yourself to unwrap if you want
- get a big project done around the house, such as painting or wallpapering
- organize your photographs or make scrapbooks
- clean out your closets or basement
- get a big project done for work
- give some time to a local charity
- stay in bed all day
- go away for the day or the weekend to someplace you've always wanted to visit
- chat online with other parents who are alone
- create something special to surprise your child with – a mural on his or her wall, a batch of cookies, a fort you built in the backyard and so on
- start a new hobby – start knitting, hit some golf balls, make wreaths, build model airplanes – anything that is new that interests you

Cope With Your Emotions

Don't forget to make time to deal with your emotions. Have a good cry, punch some pillows and shout out loud about how angry you are. But then let it go. It's not possible or realistic to move on and completely let all of it go, but it's important to try to let most of it go. You have to move forward. A holiday alone does not have to be the end of the world. Look forward to the next time you and your child will be together and to the next holiday you will celebrate together. Be happy that your child has two parents who love him or her and that he/she is lucky enough to be able to have time with both parents on holidays.

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