

# SINGLE PARENT GUIDE



TOP 10  
ADVICE FOR SINGLE PARENT

RELATIONSHIP COUNSELLING:  
WHY YOU MIGHT NEED IT!

*A Thoughtful Guide to Respectful Matchmaking*



# A THOUGHTFUL GUIDE FOR SINGLE PARENTS

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*At DanfeMonal.com, we recognise that for many Nepali single parents, the journey toward love and companionship requires strength, patience, and resilience. Balancing personal dreams with parenting responsibilities and social expectations can be emotionally challenging, especially in a society where single parents may still face misunderstanding or judgment.*

*We understand that seeking a life partner is not only about compatibility, but also about finding acceptance, emotional safety, and stability—for yourself and your child. Some members may be rebuilding confidence, managing family pressures, or protecting their children's wellbeing.*

*This guide is created to honour your journey, support your emotional wellbeing, and help you build connections based on honesty, respect, and understanding. At DanfeMonal.com, your right to seek love with dignity and confidence truly matters and we are here to help at every step!*



*"At Danfemona.com, we believe there's someone out there for everyone, sometimes all it takes is a dash of confidence and a bold leap of faith.*

*Let us help you, one intro at a time!"*

*- Jeny & Jiwan (Co-Founders)*





## 1. APPROACH WITH CONFIDENCE AND SERIOUS INTENT

*Joining a matchmaking platform as a single parent is a meaningful step.*

*Before proceeding:*

- *Be clear about your intentions*
- *Join because you are emotionally ready, not due to pressure*
- *Respect your own journey and growth*

*Your past does not define your worth. You shape your future.*

## 2. PRESENT YOUR LIFE STORY HONESTLY & POSITIVELY

*Your profile reflects your strength and experiences.*

*When sharing your background:*

- *Be truthful about your family situation*
- *Present your journey with dignity*
- *Avoid feeling the need to justify your past*

*Focus on who you are today and the life you are building.*

## 3. COMMUNICATE WITH OPENNESS AND EMOTIONAL MATURITY

*Respectful communication is essential, especially when discussing sensitive topics. When interacting:*

- *Speak calmly and sincerely*
- *Be patient with responses*
- *Share personal matters gradually*

*Avoid oversharing too early or hiding important truths. Balance builds trust.*



## 4. ACCEPT THAT NOT EVERYONE WILL BE READY FOR YOUR SITUATION

*Not every match will be comfortable with your background—and that is normal. If someone declines:*

- *Accept their choice gracefully*
- *Do not feel ashamed or discouraged*
- *Continue your journey with confidence*

*Rejection reflects non-compatibility, not your value.*

## 5. BE SENSITIVE TO CULTURAL AND SOCIAL REALITIES

*In Nepali society, single parents often navigate:*

- *Family expectations*
- *Community judgment*
- *Emotional vulnerability*

*Be mindful that:*

- *Trust may take longer to build*
- *Families may need reassurance*
- *Patience is essential*

*Understanding creates emotional safety.*





## 6. INTRODUCE YOUR CHILD(REN) THOUGHTFULLY AND RESPONSIBLY

*Your children are an important part of your life.*

*When discussing them:*

- *Share information honestly*
- *Protect their privacy*
- *Avoid involving them too early*

*A healthy relationship respects both your partner and your children.*

## 7. SET HEALTHY BOUNDARIES AND EXPECTATIONS

*Clarity prevents misunderstanding.*

*Be clear about:*

- *Your priorities*
- *Parenting responsibilities*
- *Time availability*
- *Long-term goals*

*Healthy boundaries show maturity and self-respect.*

## 8. BE CONSISTENT AND RELIABLE IN YOUR ACTIONS

*Trust is especially important for single parents.*

*Ensure that:*

- *Your words match your actions*
- *You communicate changes honestly*
- *You avoid disappearing without explanation*

*Reliability creates emotional security.*



## 9. INVEST IN YOUR PERSONAL & EMOTIONAL GROWTH

*Your journey matters. Continue working on:*

- *Emotional healing*
- *Self-confidence*
- *Communication skills*
- *Balance between parenting and partnership*

*A strong relationship begins with self-awareness.*

## 10. KEEP YOUR PROFILE AND PREFERENCES UPDATED

*Your life may change over time. Update your profile if:*

- *Your family situation changes*
- *Your goals evolve*
- *Your availability shifts*

*Accurate information helps build genuine connections.*





## 11. FILLING THE SUBMISSION FORM

*There are about 90 questions designed by our experts to help us better understand and match you. Our AI-led comprehensive, deep matching is unprecedented and revolutionary on many ways. That's why its so important that you answer each question patiently and sincerely. Remember- the more details you share, better we can match you!*

*Having great photos is essential and we may ask you to upload again if it doesn't match the requirements, which can delay the onboarding process. Please upload 4-5 photos with a mix of casual, traditional and smarts, this lends a variety to your personality. And include atleast 1 full length photo.*

*Also, it is essential that you upload a short video introduction of yourself - say something quirky, smile a lot, and use it as an opportunity to stand out. This truly brings your profile 'alive' and makes a tremendous impact, trust us!*





# A FINAL WORD TO SINGLE PARENTS...

*Being a single parent seeking companionship is not a weakness—it is a testament to resilience, responsibility, and hope.*

*At DanfeMonal.com, we value members who:*

- *Respect themselves and others*
- *Communicate honestly*
- *Understand that love grows through patience*
- *Honor both past experiences and future dreams*

*Approach this journey with courage, sincerity, and self-belief. The right connection will recognize your strength and walk beside you with respect.*

*“Being a single parent is learning about strengths you didn’t know you had, and dealing with fears you didn’t know existed.” – Maya Rudolph*

*With care and sincerity,*

*Team DanfeMonal.com*



# RELATIONSHIP COUNSELLING FOR SINGLE PARENTS

*Being a single Nepali parent comes with unique joys, but also distinct challenges in forming new relationships. Balancing parenting responsibilities, societal expectations, and personal desires can create stress and uncertainty. Questions often arise: Can I trust someone with my child's well-being? Will a partner respect my parenting choices? Is it safe to open my heart again?*

*These concerns are influenced by social pressures, fear of judgment, and the need to protect both yourself and your child. Developing a healthy relationship under these circumstances requires self-awareness, patience, and clear communication. Relationship counselling provides a safe and confidential space to explore these challenges. It helps you understand your needs, set boundaries, and build trust while navigating connections.*

*Our trained counsellors recognize the experiences of Nepali single parents and offer guidance with empathy and respect. Book a session today to take the step toward a meaningful, balanced relationship.*





## DR. SHAILESH SHRESTHA

MEDICAL DOCTOR & MENTAL HEALTH THERAPIST

DR. SHAILESH IS A MEDICAL DOCTOR WHO WORKS PRIMARILY WITH YOUNG PEOPLE, ALONG WITH A LONG-STANDING PASSION FOR MENTAL AND PSYCHOLOGICAL WELL-BEING. THIS LED HIM TO FURTHER COMPLETE A MASTER'S IN CLINICAL PSYCHOLOGY, AND IS NOW CURRENTLY PURSUING MPhil/Ph.D. IN PSYCHOLOGY.

WITH EXPERIENCE WORKING ACROSS ALL AGE GROUPS, INCLUDING WITH INDIVIDUALS AND COUPLES, HE HELPS CLIENTS NAVIGATE THE CHALLENGES AND JOYS OF MODERN RELATIONSHIPS – ESPECIALLY THE RELATIONSHIP THEY HAVE WITH THEMSELVES.

BEYOND HIS PROFESSIONAL LIFE, DR. SHAILESH ENJOYS READING, HIKING, AND SPENDING TIME IN NATURE. HE ONCE DREAMED OF BEING A NEWS FORECASTER OR AN ORANGUTAN PRIMATOLOGIST IN INDONESIA. TODAY, HE IS A DOCTOR, THERAPIST, AND COUNSELLOR, AND AN ASPIRING AUTHOR WHO FIRMLY BELIEVES THAT ONE CAN PURSUE MORE THAN ONE PASSION IN LIFE.

## CHHAM K. GURUNG

MENTAL HEALTH THERAPIST (CBT)

CHHAM GURUNG IS A COGNITIVE BEHAVIOURAL THERAPY (CBT) PRACTITIONER WITH OVER FIFTEEN YEARS OF EXPERIENCE AS A THERAPIST. BORN AND RAISED IN SINGAPORE AS A THIRD-CULTURE INDIVIDUAL, HER EARLY REFLECTIONS ON IDENTITY AND BELONGING DEEPLY SHAPED HER THERAPEUTIC APPROACH. SHE IS ALSO A MOTHER OF TWO YOUNG WOMEN, A ROLE THAT CONTINUES TO INFORM HER UNDERSTANDING OF RELATIONSHIPS AND GROWTH.

HER PRACTICE BLENDS EVIDENCE-BASED CBT WITH A HOLISTIC LENS THAT HONOURS THE CONNECTION BETWEEN MIND, BODY, AND SPIRIT. CHHAM HAS A STRONG FOCUS AND EXPERTISE IN RELATIONSHIP COUNSELLING, WORKING WITH INDIVIDUALS, COUPLES, AND FAMILIES ACROSS ALL AGE GROUPS AND LIFE STAGES. SHE SUPPORTS CLIENTS THROUGH ANXIETY, DEPRESSION, TRANSITIONS, AND RELATIONAL CHALLENGES, WHILE CONTINUALLY UPDATING HER SKILLS AND INTEGRATING NATURE- AND ECO-THERAPY WHERE MEANINGFUL.



## DID YOU KNOW? ...

Among the **Sherpa** community, polyandry (one woman marrying multiple brothers) historically existed in Himalayan villages to prevent family land from being divided. One wife, many husbands—practical mountain economics.

In **Limbu** culture, traditionally the groom paid bride price. If the wife eloped, her family had to return double the amount. Historically, the first husband even had the right to challenge the new partner in a practice called *Jari* - thankfully now obsolete.

At **Bahun** weddings, guests will loudly (and sarcastically) criticize the quality of the Dahi just to see the host scramble. "Is this curd or just water from the Marsyangdi river?" The host is expected to fire back with an equally witty jibe about the guest's appetite.

In many **Newar** weddings, the bride marries a bel fruit (Bael) in a ritual called *Ihi* before marrying a human husband. This ensures she can never technically become a widow because the fruit represents an immortal god.

**Chhetri** grooms often perform a theatrical "strike," acting offended and refusing to enter the bride's house. The women of bride's family have to "woo" him with flattery, jokes, and small bribes until he finally breaks his "tough guy" persona and laughs.

In the **Gurung** community, the *Rodhi Ghar* tradition historically allowed young men and women to socialize, sing and flirt openly. In a *Rodhi*, a girl who could out-sing a boy and make everyone laugh was the most "eligible" and sought after bride material.

**Shah/Thakuri** sometimes practise a ritual where the bride's siblings sneak into the groom's home shortly after marriage to check on her well-being, often leading to playful confrontations with the groom.

In **Tamang** communities, the bride and groom often playfully "cry" during wedding rituals. It's partly theatrical and partly emotional, symbolizing leaving one life and entering another.

Among the **Rai** community, love marriages and elopements have historically been more socially accepted than in many other groups. It was sometimes preferred—way to bypass expensive formal ceremonies.

**Magar** weddings are incredibly festive, where dances can go on all night and the couple is expected to join in, no matter how exhausted they are.

In **Tharu** communities, marriages can involve playful mock fights between the bride and groom's families, full of teasing, jokes, and symbolic resistance.

In the matrilineal/matrilocal **Khasi** communities of Northeast India, inheritance traditionally passes through women, and husbands move into the wife's home.





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*"DanfeMonal.com aims to be a community of discerning, serious singles with serious intent who respect each other. If finding someone is important to you, this is the place, there is no second best!"*

