

YOUR ESSENTIAL TOOLKIT

FOR EMBRACING SINGLE
MOTHERHOOD BY CHOICE



ABOUT

me



I'm Kristin, and I'm a single mom by choice to my very own little miracle baby - Blake! In 2020, I was 34 and single, and with everything going on with the pandemic, I started to worry that I would never meet someone in time to have kids of my own. By the end of that year, I decided to have a baby on my own. Little did I know, I had some serious hidden fertility issues that would be tough to overcome.

I eventually was able to get pregnant after one surgery, two IUIs, and one round of IVF, but it wasn't easy. They were only able to retrieve two eggs during my egg retrieval, and only one went on to fertilize successfully. I did a day 3 fresh transfer and amazingly, it worked! I had Blake in July 2023 and I still tell everyone I know that becoming a single mom by choice was the BEST decision I ever made.

Kristin Duncan



[@justbekristin](https://www.instagram.com/justbekristin)



kristin@kristinduncan.com

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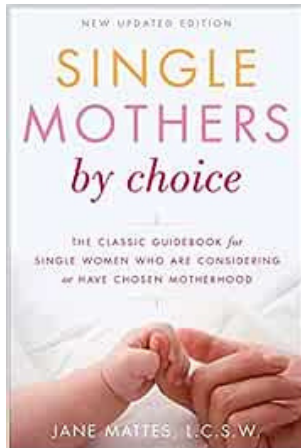
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BOOKS

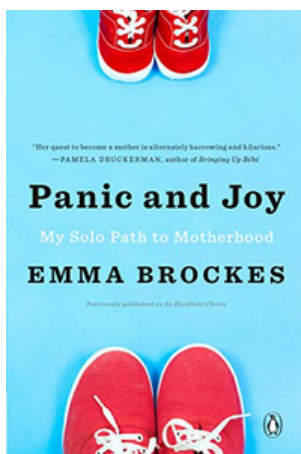
CHOICE MOTHERHOOD BOOKS



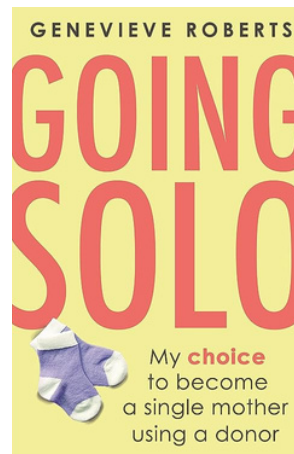
Single Mothers by Choice: A Guidebook for Single Women Who Are Considering or Have Chosen Motherhood by Jane Mattes



This Might Be Too Personal: And Other Intimate Stories by Alyssa Shelasky



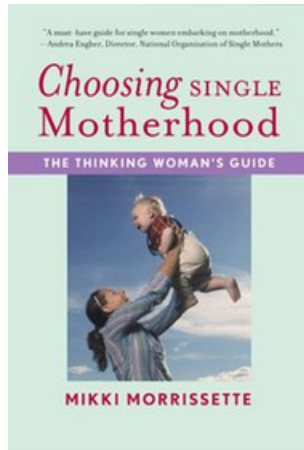
Panic and Joy: My Solo Path to Motherhood by Emma Brockes



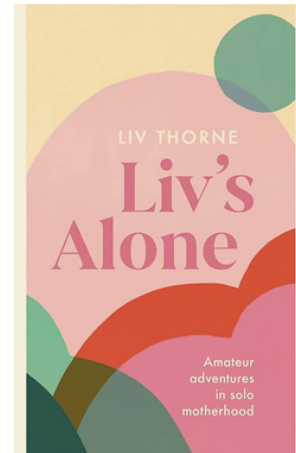
Going Solo: My Choice to Become a Single Mother Using a Donor by Genevieve Roberts

BOOKS

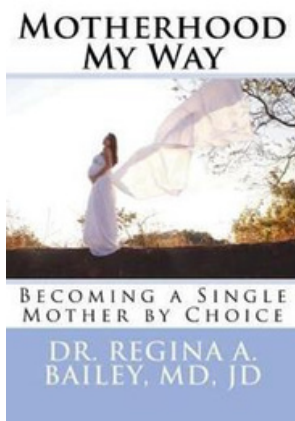
CHOICE MOTHERHOOD BOOKS



Choosing Single Motherhood: The Thinking Woman's Guide by Mikki Morrisette



Liv's Alone: Amateur Adventures in Solo Motherhood by Liv Thorne



Motherhood My Way: Becoming a Single Mother by Choice by Dr. Regina Bailey



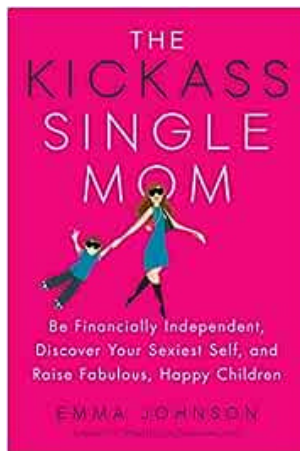
Motherhood Reimagined: When Becoming a Mother Doesn't Go as Planned by Sara Kowalski



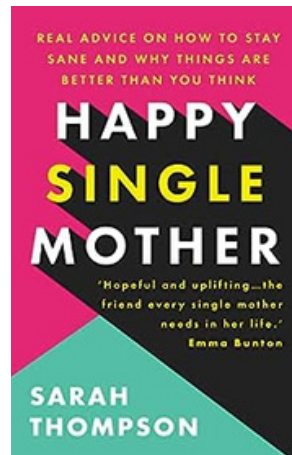
Chosen Family: A Donor-Conceived Woman's Journey to Redefining Family by Kiara Rae Schuh

BOOKS

SINGLE MOM BOOKS



The Kickass Single Mom: Be Financially Independent, Discover Your Sexiest Self, and Raise Fabulous, Happy Children by Emma Johnson



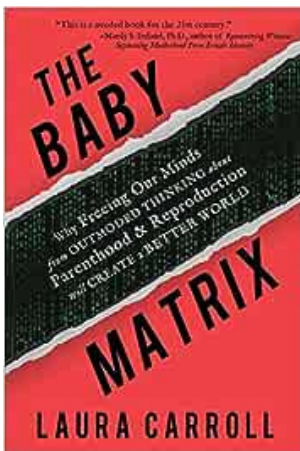
Happy Single Mother: Real advice on how to stay sane and why things are better than you think by Sarah Thompson



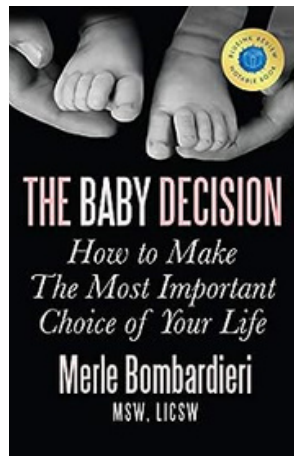
Doing It All as a Solo Parent by Harvard Business Review

BOOKS

CHILDFREE BOOKS



The Baby Matrix: Why Freeing Our Minds From Outmoded Thinking About Parenthood & Reproduction Will Create A Better World by Laura Carroll



The Baby Decision: How To Make The Most Important Choice Of Your Life by Merle Bombardieri



A Childfree Happily Ever After: Why More Women Are Choosing Not to Have Children by Tanya Williams

PODCASTS

1

NO NEED FOR PRINCE CHARMING

Hear from successful Australian solo mums that have embraced motherhood on their own terms by having a child without a partner.

2

SINGLE GREATEST CHOICE

This is a show for women who are grappling with what to do when life doesn't follow the love-marriage-baby carriage trajectory.

3

SINGLE MOM MINDSET

The podcast for single moms by choice, donor conceived people and non-traditional families.

4

MOTHERHOOD REIMAGINED

A podcast exploring and celebrating all paths to motherhood.

PODCASTS

5

NOT BY ACCIDENT

A storytelling podcast about making choices and taking action to live the life you want.

6

SPERMCAST

Actor, writer, and comedian Molly Hawkey's quest to find a sperm donor.

7

DONOR CONCEPTION CONVERSATIONS

The podcast created for people who are considering, or have used donor conception to build their family.

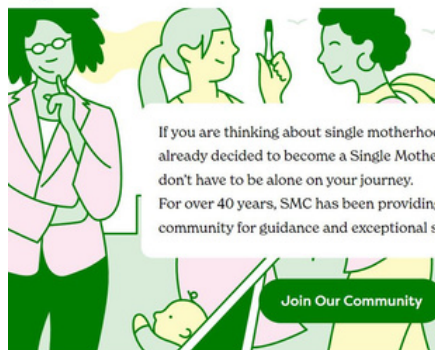
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STORK'D

One woman's exploration to discover the many modern ways people define and create family.



COMMUNITIES & ORGANIZATIONS



SINGLE MOTHERS BY CHOICE

A nonprofit organization offering resources, local chapters, and events for women considering or pursuing single motherhood. A supportive online community with resources, forums, and articles for women considering single motherhood.

choiceMoms.org



CHOICE MOMS

A community and library of resources for single mothers by choice and women contemplating building a family on their own.



COMMUNITIES & ORGANIZATIONS

A screenshot of the Motherhood Reimagined website. The header includes a logo and navigation links: Home, About, Work With Me, SMC Resources, The Community, and Contact. The main content area features the title "Motherhood Reimagined" and "The SMC Community" with a sub-headline "Badass women supporting each other in their Single Mom by Choice (SMC) journey" and a "Join Now" button. Below the main content, it says "As Seen In" and lists several media outlets: YourTango, THE HUFFINGTON POST, eggwhisperer, SCARLETT MOMMY, ROMPER, and RED TRUCKLE.

MOTHERHOOD REIMAGINED

A podcast, SMC community, and blog by Sarah Kowalski, sharing stories and insights about single motherhood by choice.

A screenshot of the theNotMom website. The header features the logo "theNotMom" with the tagline "By Choice or By Chance." and navigation links: About, Blog, Podcast, Famous NotMoms, Resources, Press, and Contact. The main content area shows a group of women standing together, with the text "Family Redefined." overlaid.

THE NOTMOM

A website and blog for women who never wanted children, those who once hoped for them, and those who have never given birth but may care for stepchildren or young relatives.

VIDEOS



Why I decided to be a
'single mother by choice'



'Never Give Up!' Women in Their 40s
Become Single Moms By Choice

ARTICLES

Single Motherhood by Choice—One Individual's Journey

- “I felt like the only person in the world who didn't have a family.”

This Is What Life Is Really Like for a Single Mother by Choice

- “I love being a single mom and wish it was a first choice and not a last resort—that's how happy I am with it.”

Becoming a Single Mom By Choice Increased My Earning Potential

- “Single mothers are some of the hardest-working people out there. We are efficient, we are resourceful, and we carry the love, the work, and the worry of two people in one.”

How to Find a Sperm Donor—And Choose a Good One

- “Once a donor is selected, the sperm is ordered. And it's just like Amazon. Yes, really.”

10 Single Moms By Choice Share Their Experiences

- “When I hear mothers complaining about how their partners don't help out, that feels like one place where it's easier for me. I don't have the added stress of disagreeing on how to do things or the unmet expectations of how someone else is going to contribute.”




RETREATS, COURSES, & COACHING


the single greatest choice
for single women who are ready to embrace motherhood on their own terms

HOME ABOUT COACHING RETREATS COURSES PODCAST RESOURCES CONTACT


join us in one of these magical retreat locations



SEDONA, ARIZONA
for October 2023 - one spot left!
end and split while hiking, dining, and relaxing in the magical, healing red rocks of Sedona.



NEW YEARS IN SEDONA
DETAILS COMING SOON! (December 29 - January 2)
Ring in 2024 in beautiful Sedona! This once-in-a-lifetime gathering is the perfect way to set your intentions for what you wish for in the New Year with yoga, meditation, hiking, coaching, reflection and celebration!




EL CUYO, YUCATAN,
now booking for March 2024
Soak up the sun in the pristine blue of the Caribbean, tropical rain forests, yoga, meditation, coaching, reflection and celebration!


SINGLE GREATEST CHOICE

Retreats, individual or group coaching, and courses for single women who are ready to embrace motherhood on their own terms.

Coaching




Personalized Coaching Session
\$150
Candice Katherine




EFT Mini Course
\$75
Candice Katherine

Digital Downloads



Surviving Motherhood
\$15
Candice Katherine



Supporting My Donor-Conceived Child
\$15
Candice Katherine

SINGLE MOM MINDSET

A variety of courses and coaching about motherhood, supporting your donor-conceived child, and single mom mindset.

FACEBOOK GROUPS

GENERAL

- [Single Mothers By Choice](#)
- [IVF/IUI Single Moms By Choice](#)
- [Mocha SMC \(Single Mothers by Choice\)](#)

BY AGE

- [Young Single Mothers by Choice](#)
- [Single Mothers by Choice \(35+\) - Parenting](#)

BY LOCATION

- [Single Mothers by Choice Canada](#)
- [Single Mothers by Choice Australia](#)

BY STAGE

- [Single Mothers by Choice Tryers \(SMC TTC\)](#)
- [SMC/SPC- Thinking/Trying Support group For Solo Mothers/Parents By Choice](#)
- [Pregnancy, Birth & Beyond SMCs \(Single Mothers by Choice\)](#)
- [SMBC - I'm a MOM, now what?](#)

INSTAGRAM ACCOUNTS

@justbekristin (that's me!)

@single_greatest_choice

@candicekatherine

@thesolomama

@singlemombychoice_

@noneedforprincecharming

@storkd_podcast

@motherhoodreimagined

@randomactsofpastel

“

"THE LOVES OF MY LIFE ARE
MY CHILDREN AND MY
MOTHER. I DON'T FEEL AS IF I
NEED A MAN."

DIANE KEATON

