

Every Step *because people and relationships matter*

THE STEPFAMILY PROCESS

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Starting a New Journey

Today, you feel in love and full of hope, and think that this time things will work differently. You have left behind the sadness and anger alters your divorce or the great pain because your spouse passed away. And now you feel prepared for this big step: get married again.

But this time you bring more than love and hope to the relationship. You bring your children. Or probably you have never had children and this is your first time, and you probably will want to have children. You and your partner together are starting to build a stepfamily. The family of the "yours, mine and ours"

Stepfamilies

When we speak of stepfamilies, we mean families in which there is an adult couple in the household with at least one of the adults having a child by a previous relationship.

Stepfamily Stats

- 75 to 80% of divorced people eventually remarry; 65 percent of these remarriages involve children.
- More than 1.000 new stepfamilies are formed each day.
- Nearly 10 million children under age 19 are part of stepfamilies
- By 2010, the stepfamily will be more common than conventional (two biological parents and children) or single-parent households.

(Source U.S. Census Bureau)

Challenges

Challenges that any family faces; financial stress, in-laws. Parenting styles, squeezing out adult time, ex spouses, kids coming and going, and phrases like "you are not my mother" or "that's not how we do it at mom's house" ... and most of them succeed!

We believe that many of the stresses and strains that pull at stepfamilies can be handled with much greater ease if they know what these characteristics are and how they may affect their particular family.

"Prepare yourself, your future spouse, your children, your ex spouse to make it work."

The Good News

Even though people react to situation in their own particular ways, the stepfamily journey has many special turning, which they need to learn about and consider.

Children

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- Provide your children security during transitions
- Not all things need to change
- Keep their daily routines as regular as possible
- Try to remain in their school district
- If your will be moving, Let all the children participate in as many decisions as possible

The Couple

Nurture your adult relationship. You can be better parents if you feel good about each other. Love for each other created the relationship in the first place. Chaos may be the norm for the first few years of a stepfamily. It will be a whole lot easier if you feel supported and loved by your partner. It will be also extremely important for you children and stepchildren if they see both of you happily working together.

Remember: you are going through this together.

No one said it would be easy

There may be times, particularly early in your new marriage, when the problems of a stepfamily feel too big for you to get your hands around yourself. It is a good idea to ask for help. Talk about your feelings and frustration with trusted family members or friend, join a support group for stepparents, or consider family counseling. "Each one of us came to the relationship with pains from our past. But we are starting to adjust to so many changes. As time goes by we feel more confident and in peace with our pasts and ready for the wonderful future to look forward to. We love each other and bless each day we have together" Session with the couple."

For more information, please contact us at: 954-881-6099