Stepfamilies: Challenges and Solutions

Overview/Description
With more than half of all marriages ending in divorce, and the majority of divorced individuals finding new partners, the number of blended families is growing. This type of situation can create a range of challenging issues, both practical and emotional. Patience, understanding and open communication can help make the transition smoother for everyone.

Target Audience
Anyone living in a blended family

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

Identify the characteristics of stepfamilies
  › Describe the four stages of adjustment
  › Describe how to determine which stage you are in presently
  › Describe ways of helping you and your family adjust

Identify the most common challenges of stepfamilies
  › Describe how to discipline and enact household rules
  › Describe how family roles become defined
  › Describe how interfamily conflict develops
  › Describe how to make financial decisions in a blended family

Describe strategies for building a strong family foundation
  › Identify what to communicate to your children before blending families
  › Identify the most common questions and answers from children
  › Identify methods of resolving family conflict and avoiding future conflict