

Maricopa County
Department of Public Health
S.P.I.N.

Office of Family Health
Parent Support Center

WELCOME

***Step Parenting and
Blended Families***

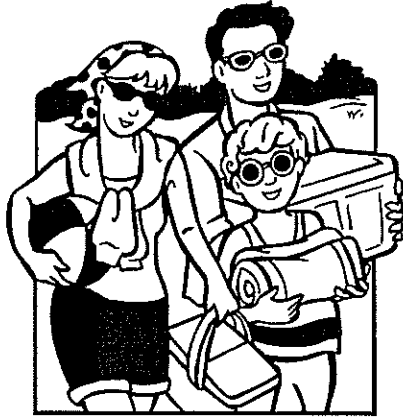
S.P.I.N. Programs

- ★ *Attention Deficit Disorder*
- ★ *Step Parenting*
- ★ *Building your Baby's Brain*
- ★ *Sibling Rivalry*
- ★ *Selecting Quality Childcare in AZ*
- ★ *Understanding Misbehavior*
- ★ *Creating a safe environment for your Baby and Toddler*
- ★ *Disciplining your children*
- ★ *Coping with Family Stress*
- ★ *Communicating with your Teenager*
- ★ *Living with your Toddler*

Objectives

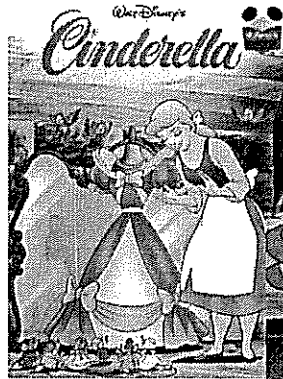
- z• Understand the reasons for the challenges of step family life
- z• Understand the typical development of a step family
- z• Develop empathy for other family members' experiences
- z• Create a list of resources for successful step parenting

Step Family Statistics

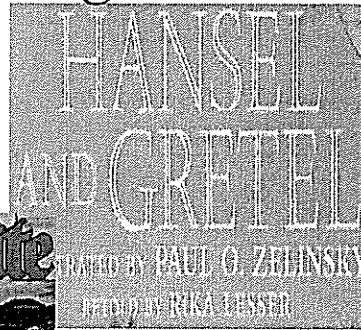


- 1 in 3 Americans is now a step-parent
- By 2010 step families will outnumber nuclear families
- 1 of 6 children under the age of 18 is a step-child

Historical Image



Snow White



Historical Views *The Brady Bunch*



New Complex Relationships

- Step-Mother/Father
- Step Sister/Brother
- Half Sister/Brother
- Step Grandparents
- Step Aunts & Uncles
- Step Cousins



Step Family Challenges

- What will the children call the new family members?
- Which child gets which bedroom?
- Who does what chores?
- Where will holiday's be spent?
- Where will the family pet live?
- Are step parents comfortable enforcing rules/discipline?

Differences Between Biological and Step Families

BIOLOGICAL

- *Marriage created without serious loss and with great expectation*

STEP FAMILIES

- *Family born of loss with death or divorce*



Differences Between Biological and Step Families

BIOLOGICAL

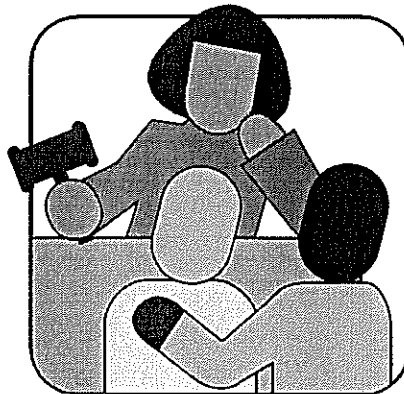
- *Shared histories and traditions*
- *Family roles and rules evolve from scratch*

STEP FAMILIES

- *Two fully developed, traditions*
- *Existing family rules need to adapt*



Differences Between Biological and Step Families



BIOLOGICAL

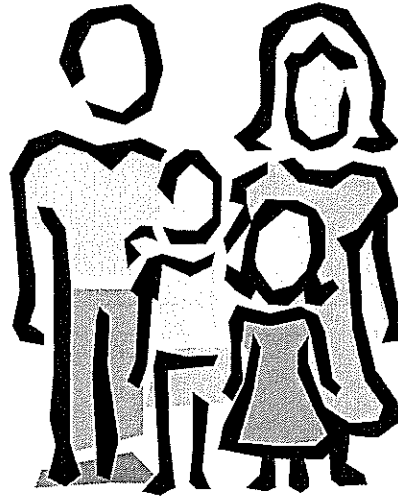
- *Biological parents have legal rights regarding children*

STEP FAMILIES

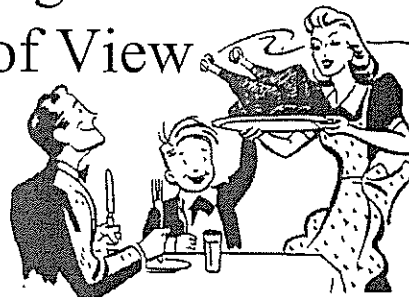
- *Step parents of step children lack a legal relationship*

Step Family Development

- Early Stage
 - *Trust*
- Middle Stage
 - *Identity Development*
- Later Stage
 - *Intimacy*



Understanding Different Points of View



Each person will be assigned a role in the family. In your family group, arrive at a brief statement of each person's ideal outcome. You are NOT required to arrive at a resolution, simply state each person's position.

What did you feel?

- z♥ Loss of Power and Control
- z♥ Guilt and Confusion
- z♥ Disloyal
- z♥ Angry
- z♥ Fear



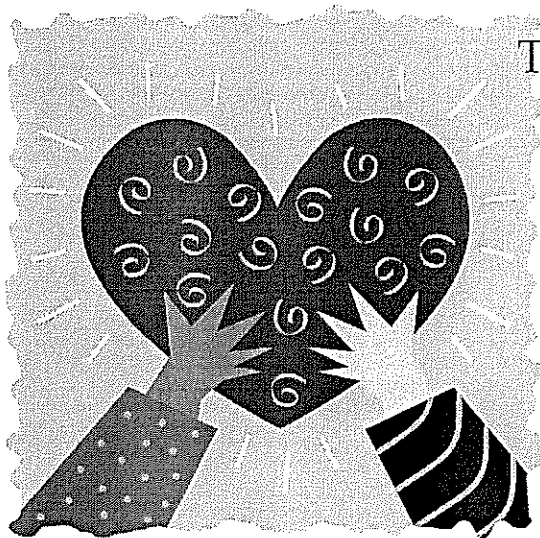
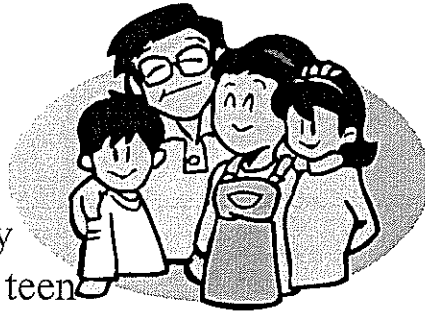
10 Steps to Successful Step Parenting

1. Provide a neutral territory
2. Be yourself
3. Set and enforce limits
4. Accept children's feelings regarding absent parent
5. Expect ambivalence
6. Avoid mealtime misery
7. Don't expect instant love
8. Don't take all the responsibility
9. Be patient
10. Maintain the privacy of the marital relationship

The Good News!

➤ Majority of children in step families do just as well as children from biological families

➤ Remarriage is easiest when children are very young or during older teen years.



The bond that links your true family is not one of blood, but of respect and joy in each other's life.

Richard Bach