

Blended Families



Solution
Based
Casework

Although not necessarily easy, it usually works best when:

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1. The biological parent retains the attitude and behavior that demonstrates that they are still the primary parent and will **maintain their responsibility for the rules** and discipline that apply to their children.
2. The **biological parent utilizes the support and ideas of the step-parent.** One of the most powerful forms of support the step-parent can offer is just listening.
3. The biological parent realizes that their **child needs special time, praise, encouragement and affection** just from them.
4. The **step-parent goes slow in assuming disciplinary roles** and gives the children a chance to get to know them; this process can take several years.
5. Parents assume that **step-siblings will need coaching** about how to get along and that disagreements are part of all families, not just blended families.
6. **Divorced parents should deal with each other** directly rather than using spouses, children or relatives to carry messages. If that is not possible, the use of a mediator is very helpful.
7. Parents should expect **that there will be different rules,** traditions and expectations at different households. Kids can adjust to accepted differences better than when there is conflict over the differences.
8. It almost always helps for the **parents to have a plan to take care of themselves** so that their stress level doesn't become too overwhelming.