Suggestions for Parents in
Blended Families

Although not necessarily easy, it usually works best when:

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.*

Solution Based Casework
Dana N. Christensen, PhD
Copyright 2010