

## **Blending families**

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### **Live Life**

#### **Passionately Ever After**

Blending families after a divorce and remarriage is one of life's biggest challenges. A divorced mother and a divorced father fall in love. They are happy together and choose to get married. When their children are added to the mix, what was once hopeful can turn into a nightmare. (Statistics show that 65% of second marriages fail.) Listed below are some ideas to ease the transition and provide a safe and loving home for everyone.

- Husband and wife should discuss, plan and agree upon the structure and boundaries the new family will have.
- Parents should recognize that the way they use to parent their children may no longer work in the new family.
- Regular fun and recreational activities with the children will help build a "team" spirit.
- Consistent and fair consequences should be established and enforced by the biological parent with the visual support of the other parent.
- Children often try to manipulate the bio-parent to gain favor over siblings and may even try to split the new couple up in hopes of reconciling the original family. Parents need to stay committed to their oneness.
- Never speak or show disrespect of the "missing parent", especially in front of the children.
- Parents will find a weekly or bi-weekly night out ***without the children*** therapeutic for the relationship.

- Show respect and love for each child, regardless of their attitude or behavior. Poor attitudes and behaviors should be challenged, but the child always affirmed.
- Children are often angry after the divorce and remarriage and may take it out on you. Remember, it's probably not about you! Help them process their feelings.
- Develop new family traditions. Get the entire family involved in creating these important bonding activities.

Marriage is work. Blended marriages are especially so. However, they can develop into fun, harmonious families. Your new marriage and blended family can live life ***passionately ever after***. For assistance call...

**Passionately Ever After Counseling Center.**

*At*

**214.618.8202**