

What Emotions Are My Children Experiencing, When Blending Families?

In second marriages a blended family includes children from one or both of first households.

Your child may experience the following:

- Y **Left Out** of your choice “Why do I have to live with those kids”?
- Y **Uncertain** or even **Angry** about the change. Your child may not know what to expect and may not even like the change
- Y What will the new person in their life **Mean to them**?
- Y What will their new **Step-Siblings** be like?
- Y How will their Relationship with their **Biological** parents change?

These are all common reactions and there are strategies that will help:

- Y **Be Realistic** – things won’t be perfect overnight.
- Y **Be Patient** –kids need time to trust and count on you.
- Y **Limit your expectations** –you will probably give a lot of time, energy, love and affection that will not be returned immediately. Think of it as making small investment that may one day make a lot, but don’t expect anything in return for now.
- Y Make sure that you let the kids **Adjust gradually** and give them plenty of time to make a successful transition.
- Y Blending Families can be **Stressful** for both parents and children. Make sure you present a unified parenting approach to the children – arguing or disagreeing in front of them may encourage them to try to come between you.
- Y **Talk** to a professional who is experienced in assisting blended families to come together and overcome the obstacles that each individual in the family may face

If you are blending a family and want to make it last a lifetime,
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