

What Emotions Are My Children Experiencing, When Blending Families?

In second marriages a blended family includes children from one or both of the first marriage households, and may also include a child of the second marriage.

Your child may experience the following:

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

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

- ✦ Be Realistic – things won’t be perfect overnight.
- ✦ Be Patient –kids need time to trust and count on you.
- ✦ 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.
- ✦ Make sure that you let the kids Adjust gradually and give them plenty of time to make a successful transition.
- ✦ 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.
- ✦ 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,
contact Family TLC for a FREE intake consultation.
resource@familytlc.ca or 705-737-3513.**