

## Ten Tips Toward Successful Step Parenting!

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Raleigh Employee Assistance Program, Inc.

### Ten Tips toward Successful Step Parenting and Blended Families!

**1 - Provide neutral territory.** If your budget allows, consider moving into a new home.

**2 - Don't try to fit a preconceived role. Be yourself!**

**3 - Set limits and enforce them.** The parent and stepparent need to work out disciplinary actions in advance, and then support each other when the rules are being enforced.

**4 - Allow an outlet for children's feelings about the natural parents.** The children will maintain affection for their natural parent. Do not take this personally.

**5 - Expect ambivalence.** Feelings of love and hate by the stepchild may change every few hours, or few days.

**6 - Avoid mealtime misery.** Mealtime can be laden with emotions of "how it used to be." Try to make this time as peaceful as possible.

**7 - Don't expect instant love.** Practice appreciation on a regular basis by practicing random acts of kindness.

**8 - Don't take all the responsibility.** The children have some, too. There are two people involved in any relationship. Therefore, if things are less than perfect, don't take all the guilt.

**9 - Have patience, patience, and more patience.** The first few months, or years, may have difficult periods.

**10 - Maintain the privacy of the marital relationship.**

## **Blended Families**

The new stepfamily creates new relationships which can be both creative and stressful. It is complex and its challenges are great. The more help you get, the more likely you are to achieve desirable results for your family.

### **The following resources may help:**

\* Information updated as of May 2004

The StepFamily Foundation at  
[www.Stepfamily.org](http://www.Stepfamily.org)

STEP-Carefully! for Stepparents! at [www.Stepcarefully.com](http://www.Stepcarefully.com)

Bonus Families at [www.bonusfamilies.com](http://www.bonusfamilies.com)

For new stepparents, visit [www.cyberparent.com/step/newstep.htm](http://www.cyberparent.com/step/newstep.htm)

The StepFamily Connection at [www.stepfamily.com](http://www.stepfamily.com)

Help for Blended Families at  
[www.blended-families.com](http://www.blended-families.com)