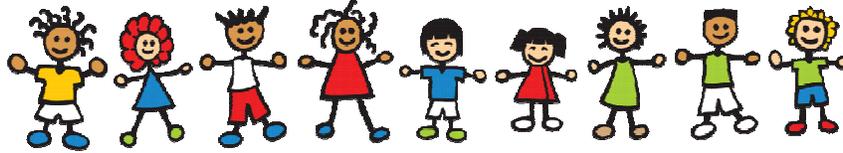


# Blended Family



When new families merge to create stepfamilies, or nontraditional families, the “blending” part rarely goes smoothly. Parents may experience frustration as their respective children struggle to adapt or resist the change and disruption to their normal familial patterns. Friends and extended family often try to offer well-meaning advice that, at times, only adds pressure on the relationship. Individuals in the couple-hood may feel frustrated by criticism from their new partner about their parenting of their own biological children and their partner’s children. The couple may be hurt and/or angry at the myriad of complications regarding their lost independence, lack of private space, little time for romance or time together as a couple, their financial future, and their ex-partners criticism of their decision-making.

Any change to a family structure requires patience and adjustment time for all involved to work out growing pains together in order to experience a successful transition into life as a blended family. Despite the complexity of issues, and stats reflecting the staggering rates of failure, with the right tools, a good plan, and willingness to work together, the blended family has many opportunities to be successful.

**real consulting** offers services to address:

- ❖ Complex Family Dynamics – Re-coupled Families with Children from Previous Unions
- ❖ Extended Family Dynamics in Blended Family
- ❖ Couple Dynamics in Blended Family
- ❖ Children’s Adjustment Dynamics to Blended Family
- ❖ Parenting Children of Separation/Divorce in Blended Family
- ❖ Conflicting/Unhappy Common-Law Relationships/Marriages in Blended Family
- ❖ Specific Tools and Plans for Success in Blended Family

Please contact the **real consulting** office for further information or to book an appointment.

## **real consulting**

Family and Business Counselling, Coaching, and Mediation Services

Kim Muscroft-McDonnell B.A. Com. Ed., R.F.M., C.C.P., Family and Divorce Specialty

T: 403-601-3088 C: 403-601-5183 F: 403-601-3090

[kim@realconsulting.ca](mailto:kim@realconsulting.ca) [www.realconsulting.ca](http://www.realconsulting.ca)

