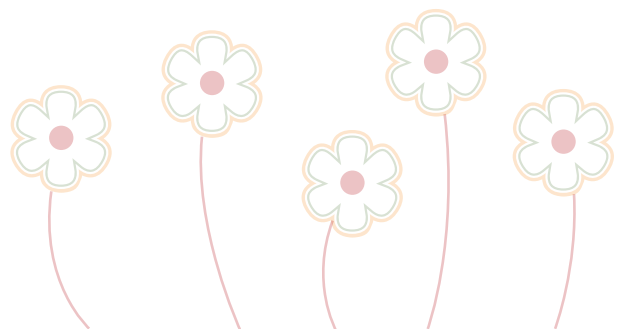
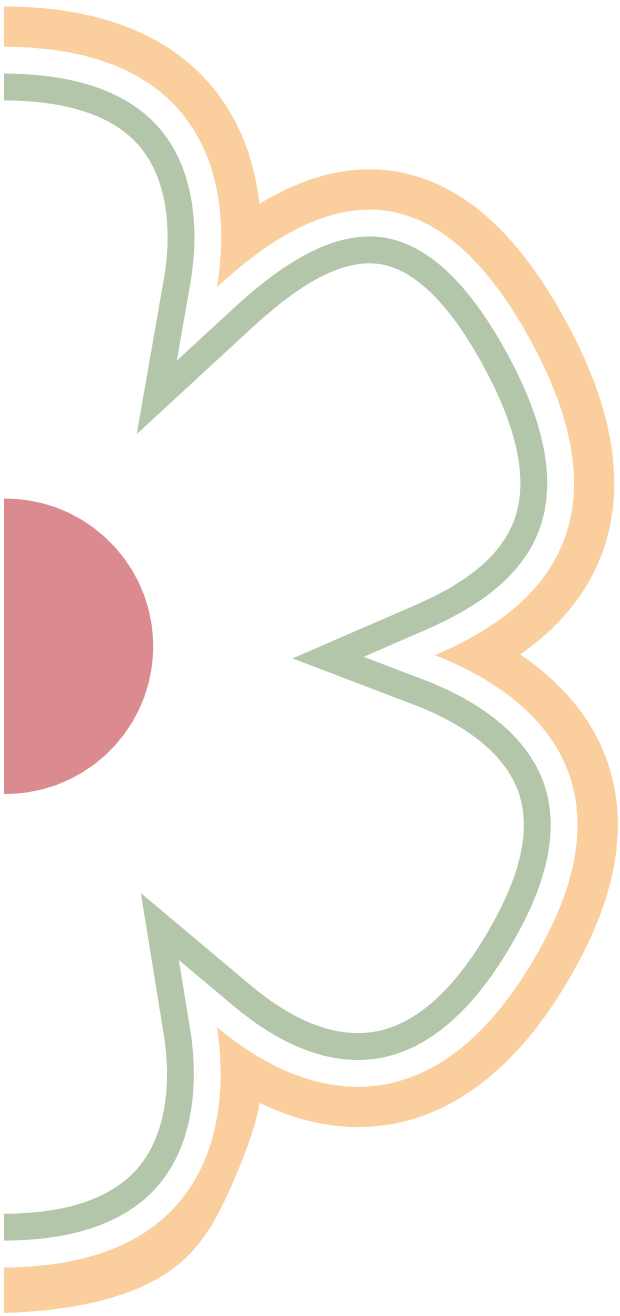
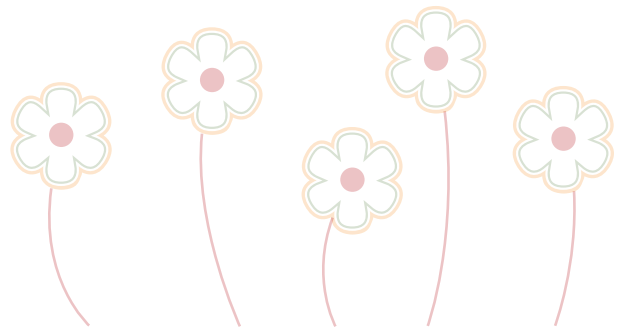
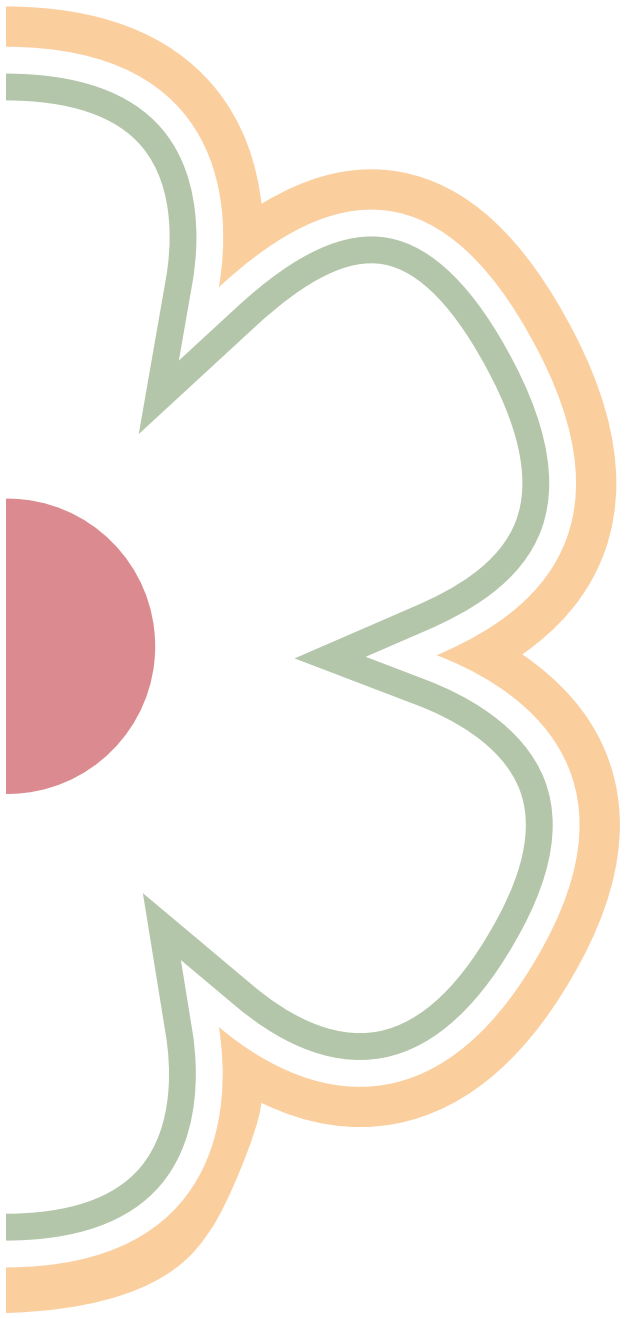


Stepparenting Basics

Lesson P11.1





Lesson Instructions

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Suitable For: Clients with children any age.

Time Frame: Anytime a client has taken on a stepparenting role.

Lesson Objective: To introduce your client to the basics of stepparenting.

Instructions: Have your client read the beginning of the DVD worksheet before starting the video. When she gets to the section that instructs her to begin the video, have her start the video and watch Chapter 1: *Introduction*. It is approximately 8 minutes long. She will need to stop the video when the instructor begins to discuss the *role* of the stepparent. Have your client fill in as many blanks as possible, assuring her that if she misses any answers, she will be able to go back and fill them in during the discussion time.

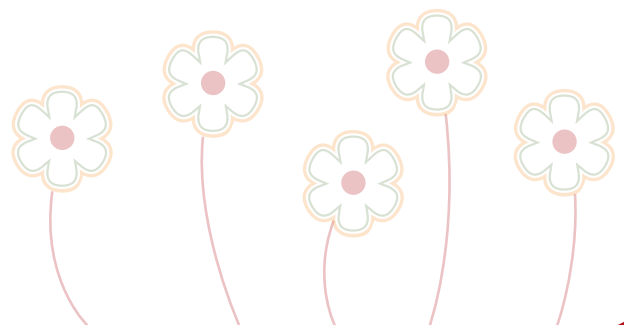
Homework: Copy and give the client the homework. There is no answer key for this assignment.

Supplies: DVD: *Stepparenting with Love and Logic*, Chapter 1.

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



Sometimes we need Mom's reassurance. Especially when we're learning pain is part of growing.



DVD Worksheet, Page 1

Love and Logic

The Love and Logic approach to parenting is built around the science of crafting caring and respectful relationships. An authentic, loving connection between parents and their children is the root of a healthy, thriving relationship built on trust and understanding.

Choose "Love"

The "Love" in Love and Logic means that we love our kids so much that we are willing to set and enforce limits. This "Love" also means that we do so with sincere compassion and empathy.

Choose "Logic"

The "Logic" in Love and Logic happens when we allow children to make decisions, afford them mistakes and let them experience the natural or logical consequences. When we balance this with sincere empathy, they develop the following logic:

The quality of my life depends on the quality of my choices.

With the loving yet powerful tools of Love and Logic, we can help our children learn to make good choices and experience happy lives while maintaining their love and respect.

<https://www.loveandlogic.com/parents/what-is-love-and-logic-for-parents>

Before starting the video...

What Is Stepparenting?

Stepparenting can be a really challenging task. Often the specific role is not clearly defined and can change depending on the differences within families.

As a stepparent, are you a

- Parent?
- Disciplinarian?
- Friend?
- Rule setter?

Who defines the role of stepparent? Is it

- One biological parent?
- Both biological parents?
- The child(ren)?

Stepparenting involves many complicated relationships, which may be confusing or overwhelming to manage. Not only are you "parenting" alongside the biological parent you married, but also the other biological parent and his or her spouse and other extended family members. Add to that a new marriage relationship.

Remember, children may be confused by the new relationships too. They may feel caught in the middle of divorced biological parents and their new spouses, and new stepbrothers and sisters. Or they may feel overwhelmed by new sets of grandparents, aunts, uncles, and cousins, just to name a few. This can cause chaotic emotions that will affect you.

As you can see, blending families is never simple. The feelings and emotions of stepchildren are complex. And the role of stepparent changes depending on the differing circumstances and your developing relationship with the kids.

You might be taking this lesson because you are soon becoming a stepparent, or maybe you already *are* and are trying to get your footing in your role. Perhaps you are one of the biological parents and want to know how to manage the new relationships formed by remarriage.

With time, patience, love, and understanding, you can be successful.

Now start the video, *Stepparenting with Love and Logic*. In this lesson, you will only be watching the introduction, which is about 8 minutes long.



DVD Worksheet, Page 2

Communication is Key

Connecting with each other is important for building healthy families. Communicating well with each other helps this to happen. Here are some tips:

- Listen and respect their opinions. Allow them their feelings.
- Address conflict positively and directly.
- Show you love your stepkids with appropriate affection (that they're comfortable with) like hugs, attending school events, or just being close to listen to their fears or frustrations.
- Speak positively about their other biological parent.



Blending families comes with many rewards.

Love and logic is about having fun interacting with your kids

1. What is the message you send your kids with Love and Logic?
2. The message that comes out of our _____ means more to our kids than what we _____.
3. It's important to take really great _____ of ourselves as stepparents so that we can communicate to our kids how _____ they are.
4. What do you think is the role of the stepparent?
5. How would you deal with disrespect from your stepchildren? Or if you are the biological parent, how would you want your new spouse to deal with disrespect?
6. Have you considered how you would deal with any rivalry among your stepchildren?
7. Have you considered how you will deal with the differing parenting styles between your home and the other parent's home they go to?

Stop the video when Dr. Fay begins talking about simplifying the role of the stepparent.



DVD Worksheet Key, Page 1

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As a stepparent, are you a

- Parent?
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Blending families comes with many rewards.



Love and Logic is about having fun interacting with your kids.

1. What is the message you send your kids with Love and Logic? ***As a parent, I am having a great time hanging out with you. You are great!***
2. The message that comes out of our ***emotions*** means more to our kids than what we ***say***.
3. It's important to take really great ***care*** of ourselves as stepparents so that we can communicate to our kids how ***great*** they are.
4. What do you think is the role of the stepparent?

A client who is a stepparent or about to become one might say he or she is an authority figure, a parent-type figure, and/or assuming the role of/or replacing the absent biological parent. She might think she is the savior of the children, fixing the damage of the absent parent.

A client who is a biological parent might feel his or her new or soon-to-be spouse will be more of a friend and babysitter to his or her kids.

5. How would you deal with disrespect from your stepchildren? Or if you are the biological parent, how would you want your new spouse to deal with disrespect?

Help your client to begin addressing these issues. His or her answers will vary. Help your client to understand that her role may change as the relationship with the stepkids develop and may also be different with each stepkid.

6. Have you considered how you would deal with any rivalry among your stepchildren?

Help your client to consider how children blended together from different families may feel. How her role will be different with her own kids than those of her spouse's. How might that affect the kids' sense of fairness and security?

7. Have you considered how you will deal with the differing parenting styles between your home and the other parent's home they go to?

Help your client to see that not only is she/he one parent in the mix, but also there is the other biological parent and his/her spouse as well.

Stop the video when Dr. Fay begins talking about simplifying the role of the stepparent.

Homework, Page 1

Getting on the Same Page

Make sure you and your spouse clearly define your new parenting role.

Take things very slowly with your stepkids. Often it takes two to three years before you can become a disciplinarian.

Never take over for your spouse when problems arise. Talk about problems privately if she needs your help, so that you don't undermine her authority with her kids.

There are many things to consider when becoming a stepparent. Communication between you and your spouse is important when it comes to parenting the kids.

Sit down with your partner and discuss the following questions. Record your answers here.

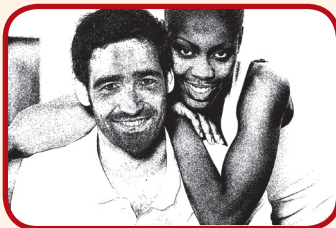
What role do you want me, as the stepparent, to play?

What areas of parenting would you like my input? (Remember, you will help in a consultative role.)

How can I best support you as the biological parent?

How can I help with dealing with your ex-spouse and his/her extended family?

Are there any problems or issues with the kids that you anticipate after we marry? How should we handle them?



Parenting is partnership. Work together to grow your children into healthy adults!

