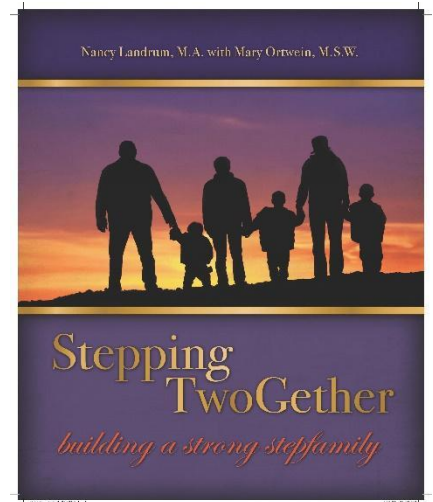


Relationship Rehab Show

Episode 50: Stepfamily Strategies That Succeed

Over the past forty years multiple research outcomes have been published that demonstrate strategies that lead to stepfamily success vs. those that often lead to a stepfamily failure/break-up. This is a simple summary of practices that more often lead to success. You can learn more about these from **Stepping TwoGether: Building a Strong Stepfamily** by Nancy Landrum.

- 1. Build the marriage first** by learning and practicing respectful methods of speaking, listening, and managing hurt feelings or anger. Without a functional, effective marriage, the stepfamily cannot succeed.
- 2. Agree to parent your own child or co-parent with your Ex.** It's usually difficult for a parent to accept the parenting of a new partner and depending on the age of the child, often impossible for a child to accept a step-parent as a "legitimate" parental figure. Conflict and stress are eliminated by this highly recommended strategy.
- 3. Each partner deals with their own Ex and their own extended family.** When you get in between your partner and their Ex or their family issues, it creates what is known as a "relationship triangle"...a recipe for trouble. If issues need addressing with your side of the family, deal with them yourself.
- 4. Be transparent about all assets and finances.** As soon as possible make plans for how assets will be divided whenever either of you passes. You are saving your children, step-children and other potential family members a world of conflict and hurt by making your wishes clear ahead of time.



You have my love and support,

Nancy Landrum