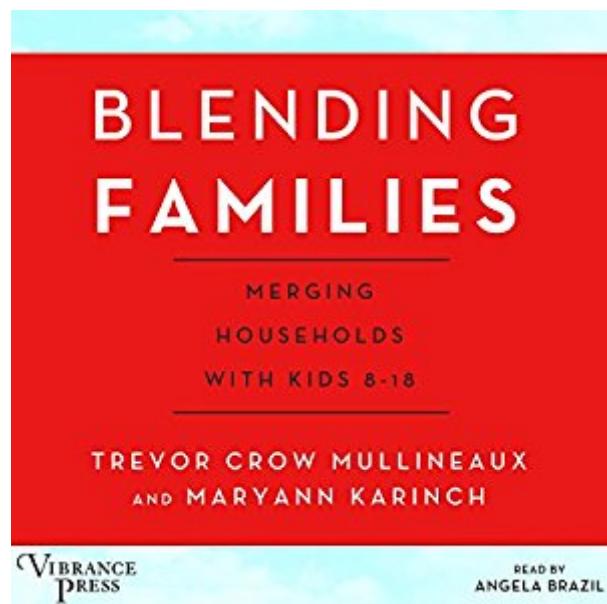


The book was found

Blending Families: Merging Households With Kids 8-18



Synopsis

Blending Families responds to the need for a book that explores stepparenting by starting with the marriage as the central relationship in a new blended family unit. Just as you are better able to help your child in an airplane emergency if you put your oxygen mask on first, you are better able to blend two families if you take care of the marriage first. Starting with a discussion of attachment styles, the authors explore how those styles translate into the new family unit when trying to forge a new marriage while parenting tween and teen children in a family unit that is new to them as well. They provide parenting guidance premised on the fact that parenting occurs within a context, and in this case a context that is unfamiliar territory for everyone involved. Using true stories throughout, they explore the variety of challenges that may arise, such as sibling rivalry, puberty, dating, emotional and intellectual differences and preferential treatment and offer suggestions for overcoming obstacles to fully blending. By focusing the light on the marriage as the most important source of stability, the authors encourage listeners to develop a style of parenting that works for everyone and brings a sense of unity and strength to the household.

Book Information

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Version: Unabridged

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Customer Reviews

In this incredibly useful guide, Mullineaux and Karinch first lay out the challenges of creating a blended family but then more importantly provide practical advice for how to make it not just work but be a truly wonderful experience for everyone in the family. It is such a hopeful book - using

examples (including those from Mullineaux's own life) of successful blends. The book is undepinned with a strong intellectual foundation based on research by a number of psychologists as well as work with Mullineaux's clients. Early on, the reader takes a quiz to better understand their own attachment style. And then the authors explain through the lens of the different attachment styles what that will mean for successful partnering and parenting in a blended family. It tackles important issues like being a stepparent to a teenager, a particularly challenging role. But the authors use the teenage brain as the starting point so that as a parent you can better understand both the limits and freedom that they need. The second part of the book is devoted to the five factors that you must have to succeed - trust, vulnerability, empathy, truthfulness and structure and brings them to life with myriad stories from blended families. In the end, the book is not just practical; it is hopeful. The authors explain that you only need to get it right 30% of the time. And with this book as a guide, I suspect most people can achieve that.

Trevor's thorough work has helped my clients integrate their blended families in a more skillful and mindful way. It is a "must have" resource on how to achieve a sustainable "blend". I highly recommend it for the layman/woman and for the clinician. Pamela Tinkham LCSW, RYT

This book gets to the core issues in a way that I could understand and apply to my own situation. It's a great jumping off point for discussions that can really help lend perspective and get everyone communicating. I would recommend this to anyone and everyone who has family that are part of second marriages, including if your parents remarry, even at an older age. It's not just about how to bring up children in a blended family, but about how to relate to everyone.

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