



Building Stepfamilies That Work[®]

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Week 1: Introductions and Basic Notions

Reading Materials

- Patterns of Development in Stepfamilies
- Strengthening Your Couple Relationship

Additional Resources

- Great Books on the Stepfamily
- Bibliography of Additional Resources

Survey

- Stepfamily Stress Index (SSI) Overview
- *Stepfamily Stress Index (SSI)

Note: An on-line survey. Please complete it independently

Homework

- *Balance Map
- Dating
- Expectations
- Goal Setting
- Video: How To Succeed

Week 2: Couple Strength

Reading Materials

- Building Relationships That Last
- Gender Differences

Homework

- Mission Statement
(Note: This document is due by Week 6.)
- *Emotional Needs Questionnaire
(Note: Do not discuss your answers with your partner yet.)
- *Love Busters Questionnaire
(Note: Do not discuss your answers with your partner yet.)
- Video: Gary Smalley – Keys to Loving Relationships Exercise
(Note: Watch all three video files, GS001.wmv, GS002.wmv and GS003.wmv)

Week 3: Communication

Reading Materials

- How to Talk to Your Husband
- Seven Steps for Resolving Conflict

Survey

- Stepparenting Survey (SPS) Overview
- * Stepparenting Survey (SPS)

Note: An on-line survey. Please complete it independently

Homework

Notion of the Family
The Language of Apology – Part 2

Week 4: Dealing with Prior Spouse

Reading Materials

Dealing With the Ex: General Information
Dealing With the Ex: Dos and Don'ts
Tips on Communicating With Your Prior Spouse
The Responsibility Pyramid

Homework

*Ghosts of the Past
*Letter to the Ex
*Letter to Your Spouse's Ex

Week 5: Going into Business Together

Reading Materials

Helping Children Cope With Divorce
Misguided vs Effective Stepparenting
Mediating Agreement on Parenting Issues
Parenting Plans Note: Includes links to Parenting Plan booklet and Parenting Template
Note: Includes links to Parenting Plan booklet and Parenting Template
Parenting Plan
Parenting Plan Template
The Problem Co-Parent
The Candle Story

Homework

Job Description – The Stepparent Role Part 2
Charting Your Family Rules
Chores
The One-Minute Father Exercise
Audio: Listen to all four recordings (father1.wma, father2.wma, father3.wma, father4.wma)

----NB: Your Completed Mission Statements Are Due. Please hand them in.----

Week 6: Discipline

Reading Materials

Comparisons Between Discipline and Punishment
The 4 Goals of Misbehaviour
Erikson's Developmental Stages
Developmental Stages 1 to 19 Years
Teen Development

Homework

Family Meetings
Kids are Worth It Exercise
Audio: Kids are Worth It (coloroso.wma) Note: Only one audio file

Week 7: Money and Finances

Reading Materials

The Romance of Money
(Reference) Resource Books on Finances

Homework

*Time Money Energy Grid
Financial Goals
*Financial Support Inventory

Week 8: Evaluation and Celebration

Reading Materials

Tips for Stepfamily Members

10 Dos to Stepmothering
10 Steps for Fathers Who Have Divorced
10 Steps for Grandparents
10 Steps for Men in Step
10 Steps for Stepfathers
10 Steps for Steps
10 Steps for Young Mothers
10 Steps to Building Couple Strength
10 Tips for the Second Wife
How to Build a Healthy Relationship With Your Stepchild
How to Succeed in the Stepfather Role
Introducing Your Partner to Your Children
Nine Steps Towards a Healthy Stepfamily
Stepfamily Information
Tips for Remarried Parents
Tips for Stepfathers
Tips for Stepmothers
Tips for Teachers
Tips – Bonding With Stepchildren

Homework

See Week 8 Homework Folder

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