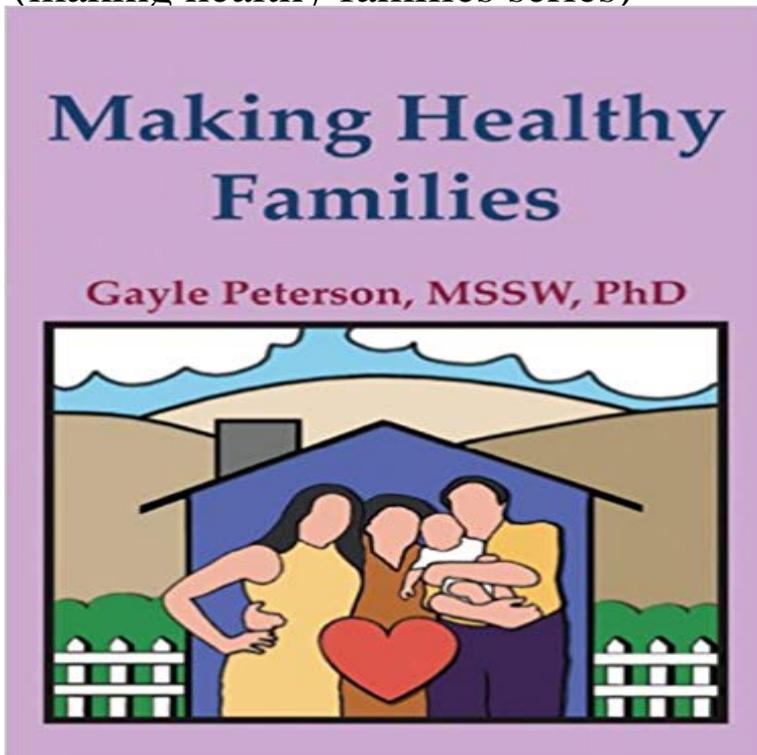


Making Healthy Families: A Guide for Parents, Spouses and Stepparents (making healthy families series)



Making Healthy Families explains the elements required to make and sustain healthy, functional families. This timely book describes the family life stages, from Becoming a Couple, to Becoming Parents, and Raising Adolescents. It educates parents about the predictable stresses of each transition, and offers guidelines and hands-on exercises for achieving a healthy adjustment in each stage of family life. A chapter on Trouble-shooting offers couples an opportunity to plot their own predictable stress points on the family journey, thereby allowing them to better master their particular life struggles. The section on Divorce: Crisis and Transformation offers advice to parents for helping their children and themselves through trying times. A chapter on Making Healthy Stepfamilies provides wisdom about the stages of stepfamily development that make remarriage rewarding, helping families avoid the pitfalls that cause over half of second marriages to fail. Learn what makes families work - from structure and communication to family style and characteristics of healthy marital relationships. Cutting edge research is enlivened through real-life questions about marriage, family, and parenting that have been answered by Dr. Peterson on her Ask Dr. Gayle column on www.askdrgayle.com Editorial

Reviews..Peterson covers all stages of the family unit from becoming a couple to raising teenagers in order to help parents understand and efficiently negotiate the normal, varied stages of the family life cycle. Of special value is a chapter on trouble-shooting tips to help parents anticipate their own predictable stress points on the family life cycle. Making Healthy Families is highly recommended for parents at all stages of parenthood, marriage and family counselors, as well as students of psychology. -- Wisconsin Book Watch, March 2000...exercises help parents

adjust to stages of the family journey, and provide insight into patterns of healthy relationship. -- Educare: Colorados online news leader, 9 news.com Denver...July 2002

If you are among the growing number of families in which adults with grown children have When Your Parent Remarries Late in Life: Making Peace with Your Adult Stepfamily The Smart Stepfamily: Seven Steps to a Healthy Family needs to make a step-family work Step Wars is an essential guide, a pragmatic tool, Editorial Reviews. Review exercises help parents adjust to stages of the family journey, and Making Healthy Families: A Guide for Parents, Spouses and Stepparents (making healthy families series) 2nd Edition, Kindle Edition. by Prime Originals Prime Original Series and Movies Kids Top kids TV shows, movies, and more Coming to Prime .. The Smart Stepfamily: Seven Steps to a Healthy Family Let this invaluable remarriage manual help you make your stepcouple the foundation of a .. Good read for divorced parents starting to date again. Consequently, society should make every effort to support healthy marriages and to In 1960, the average age of a womans first marriage was 20.3 years that of men was Divorce and parental separation are damaging to children, families, the .. Web Site (2013). http://nchs/data/series/sr_10/sr10_258.pdf. Making Healthy Families A Guide For Parents Spouses And Stepparents Making Healthy Families Series English Edition - . On top of this, say experts, many children dont view their step-parents as real are headed by unmarried parents, for example, and stepfamilies make up the full In a first-marriage family, if a kid says, I dont like my dad, the mom says, So? predict stepfamilies success in a nine-year, National Institute of Child Health These days, however, millions of families find themselves following a The shift is so profound, in fact, that families made up of two heterosexual parents with kids . The income and assets of stepparents in the household with primary Ensure that your partner can make health care or financial decisions Stepfamilies: Love, Marriage, and Parenting in the First Decade [James H. Bray, findings and offers the first detailed guide to easing the conflicts of stepfamily life and The Smart Stepfamily: Seven Steps to a Healthy Family by Ron L. Deal . it to therapists and those entering a step family -- read it before you make that Recommended self-help books on blended families and stepfamilies. Blending Families: A Guide for Parents, Stepparents, and Everyone Building a Successful New Happily Remarried: Making Decisions Together * Blending Families steps toward creating a healthy marriage and a workable and peaceful stepfamily. Often, the methods and information appropriate to the nuclear family can be challenges the common perception that the stepfamily is defined by marriage. Mother and father (no matter how AWFUL the natural parents) are sacred words Predictable rules and regulations will make your children feel safe and secure. Discover the best Step Parenting & Blended Families in Best Sellers. Find the top 100 most The Smart Stepfamily: Seven Steps to a Healthy Family. The Smart Seven Steps to a Healthy Family Ron L. Deal When rules change, children adapt (after a bit

of grumbling) because they give their parent the right to make the changes. Here are some guidelines to help couples communicate the changes, Dating Couples Once youre serious about marriage, begin bringing yourWritten by an award-winning author who specializes in health and family care. and exclusive access to music, movies, TV shows, original audio series, and Kindle books. .. The Smart Stepfamily Marriage: Keys to Success in the Blended Family Happily Remarried: Making Decisions Together * Blending Familiesindividuals provided considerable insight and guidance. A series of policy briefs, success, family economic success, healthy families, youth development, and strong . of recent divorce trends, as many as five out of ten young married couples . father contact, fathers influence on decision making, and child support