



Enriching Lives

A.C.T. NEWSLETTER

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REMARRIAGE – Remarriage offers couples hope and inspiration that they have a second chance at love. Tying the knot poses various challenges that couples overlook. Divorce rates are cited to be as high as 75% for remarried couples. Research suggests that individuals entering remarriage without children have a lower probability of divorce than individuals with children. Stepfamilies or blended families are no longer an exception for American families. They have become the American norm. It is predicted that by 2010, blended families will outnumber traditional first-marriage and single-parent families. To increase the chances of success in blended families, experts offer various tips on adapting to a blended family.¹

Unique challenges affect blended families that increase the chances of divorce. The following tips will be explored to improve the quality of blended families.

Adjustment Tips for Blended Families:

- **Financial and living arrangements:** Moving into a new home equalizes the power among spouses. Discuss whether money will be kept separate or shared or develop a system that integrates both. Couples that share money report greater family satisfaction.
- **Resolving issues related to the previous marriage:** Unresolved issues from a previous marriage can transfer into the remarriage. Start your remarriage on a strong foundation by addressing unresolved anger and hurt.
- **Parenting changes:** Have a plan of how step-parents will respond to step-children. Identify the parenting role of the step-parent prior to the remarriage to avoid confusion and conflict.

A.C.T. is committed to raising awareness of the importance of healthy families for healthy societies. A.C.T. will provide information on increasing the resiliency of blended families. For more information, please contact Dr. Drecun at Dr.Drecun@a4ct.com or (858) 792-3541.

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