



Step-Families

A stepfamily is formed when one or both adult partners bring children from a previous relationship into a new relationship. This situation makes stepfamilies somewhat different from the traditional family. These differences often cause stepfamily members to feel uncomfortable with their new environment. Learning about those differences often helps stepfamily members understand their feelings and realize that there is nothing wrong with the family.

Quite often, stepfamilies come about as the result of a loss, possibly a divorce or a death. Adults and children both grieve their losses, but they grieve in different ways. Unfortunately, if grief is not resolved, it may surface as unrest and distrust between stepfamily members.

The stress and unrest that can arise in a stepfamily can be reduced. Most difficulties can be managed through gaining a better understanding of each family member's thoughts about their situation. Let us help your step family address your special circumstances using the best care we can provide. At Behavioral Sciences of Alabama, our goal is to help you improve the quality of your family's life. Call us at (256) 883-3231.

More Stepfamily Facts

- Most Stepfamilies include a biological mother and a stepfather
- Mentoring is often a key factor in successful stepfamilies
- More than half of Americans today have been, will be in some sort of step situation
- About 66% of all women will spend some time in a step situation
- Stepfamily members are challenged with managing divided loyalties
- Healthy stepfamilies have learned to understand and support the existence of two families for their children
- Stepfamilies who ignore the "other family" typically invite greater stress and unrest

Stepfamily Statistics

- Over 50% of all first marriages end in divorce
- About 75% of divorced persons remarry
- About 65% of remarriages involve children from a previous marriage
- About 23% of children live in a stepfamily
- About 33% of Americans are now a member of a stepfamily
- About 60% of remarriages end in divorce