

# QUICK TIPS

## for dealing with STEPFAMILIES

- \*You don't HAVE to like your stepfamily, but you do have to be respectful and civil.
- \*Try to have an open mind. The stepparent may have some qualities you like, if you give them a chance.
- \*No one can replace your mom or dad, but you can allow new people into your life.
- \*You are not betraying the other parent, if you are nice to your stepparent.
- \*Put yourself in your stepparents' shoes, think about how the situation must feel to them.
- \*It's okay to be honest about how much time you want to spend with the new stepfamily members. If you want one on one time with your parent, ask them for it.
- \*Building relationships takes time, give yourself and your stepfamily time to bond and don't expect it to happen right away.
- \*Talk to your stepsiblings, make the first move by being nice to them. You might have similar feelings.