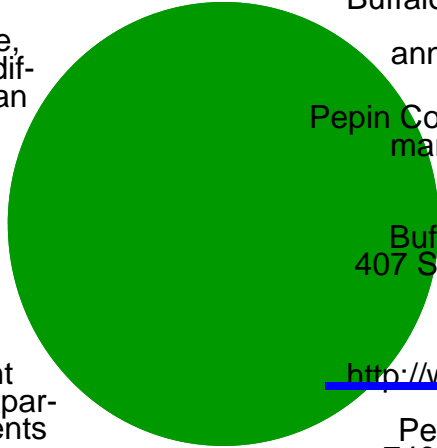


Did you know?

- Stepfamilies are now the most common family form.
- Nearly half of all marriages are not first-time marriages.
- Each stepfamily is unique, complex, and operates differently in many ways than first families.
- New relationships within stepfamilies (between stepparents and step children, and between step siblings) develop individually, and each on their own timelines.
- Step parenting is different and more complex than parenting, both for step parents and stepchildren.
- Children and youth have real concerns about the ways stepparent relationships will affect their lives.
- The couple relationship is the newest and most vulnerable relationship in a stepfamily. It requires protection, attention, and skill development to be satisfying, strong and successful.
- Education and support can help stepfamilies blossom and grow!



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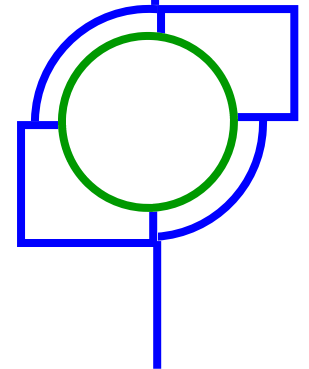
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next Steps 4
Stepfamilies





How do stepfamilies benefit from the program?

Your UW-Extension instructors have earned national certification in stepfamily education. With their experience and training, they have carefully designed a program to meet the complex and unique needs of stepfamilies in Buffalo and Pepin Counties.

Materials and activities are based on research and experience from national leaders in the study of stepfamily health and dynamics.

Families who participate report a greater overall family satisfaction. They have stronger, healthier and more satisfying relationships, with less family stress and conflict.

Couples learn steps and skills that will strengthen their relationship, and increase the likelihood of a long-lasting and satisfying commitment together.

Children contribute in positive ways to the formation and functioning of a strong and healthy step family.

Above all, the most important benefit of educational programming is that family members understand the fundamental characteristics of stepfamilies.

This alone will increase healthy relationship development between family members.

A program that's designed to offer:

- **Families** a process to navigate change and to form: a healthy identity, rules and expectations, and nurturing relationships.
- **Children** skills and strategies to help contribute to a positive step-family experience AND manage one family among multiple households.
- **Parents** skills and strategies to protect and strengthen their couple relationship AND develop positive, healthy family relationships between adults and children.
- **All family members** tools for good communication, managing conflict and problem solving.

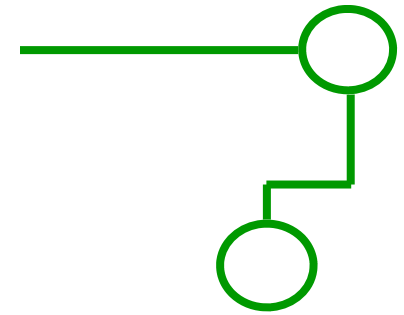
In a comfortable setting, families can expect to learn in fun and interactive ways. Along with other stepfamilies, they gain skills and understanding for a healthier and stronger family.

Parents and children will learn with their peers for a part of the time, and with their family part of the time.

A special family meal will be served.



"Learning for Living ~ Learning for Life"



mail-in registration form

