

Blended Family Transition Planner

Navigate the complex transition of blending families with patience, clear roles, and respect for every member's experience.

Name: _____ Date: _____ Clinician: _____

Purpose: Blending families is one of the most complex transitions a family system can navigate. Research shows that blended families that thrive do so through patience, clear roles, strong couple relationship, and respect for each child's existing loyalties and relationships. This planner supports that process.

OUR BLENDED FAMILY PROFILE

Adults in the household and their roles:

Children in the household — names, ages, which parent they are biological/adoptive to:

Current custody/parenting time arrangements:

How long we have been a blended household:

KEY TRANSITION CHALLENGES

	Never	Rarely	Sometimes	Often	Always
Children are struggling to accept the new stepparent or step-siblings			■		
Loyalty conflicts — children feel they are betraying a parent by connecting with a stepparent			■		
Different parenting styles between households create conflict			■		
Couple relationship is strained by the complexity of blended family demands			■		

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There is significant conflict with the other co-parent outside our household



Children's grief about the original family structure has not been fully processed



OUR TRANSITION PLAN

Our approach to stepparent authority and discipline (who, when, how):

How we are creating space for children to maintain loyalty to both biological parents:

Shared family rituals or traditions we are building together:

How we are protecting and prioritising our couple relationship:

Our agreement about discussing the other co-parent in front of children:
