

Stepfamilies

In a nut shell

Stepfamilies come together when parents marry again or live with a new partner. It can also mean that children from different families end up living together for all or part of the time.

Stepfamilies come together when parents marry again or live with a new partner. This may be after the death of one parent, separation or divorce. This can be a very difficult time for everyone, especially young people.

What will being in a stepfamily be like?

There isn't one example that can be used to describe what living in a stepfamily is like. It can be different for everyone. Some people find it hard whilst others adjust very easily.

It's normal for there to be some problems adjusting to a stepfamily. Learning to cope with stepparents, stepbrothers and stepsisters can be a difficult and lonely experience. There can be pressure to be a 'perfect family', but it takes time to get to know one another.

If you are finding it very difficult getting on with your new family, you don't have to worry about it on your own. You could try talking to your parents about how you feel. If you feel that you can't talk to them, you can call us at any time.

Why can being in a stepfamily be difficult?

There are lots of reasons that being in a stepfamily can be tough. It's hard to be separated from either of your parents, or your brothers or sisters if they live apart from you.

These are just some of the things that can cause problems:

- You may have to move house or even schools.
- There may be different rules and ways of doing things in your new family.
- You might have to eat different kinds of food.
- There may be changes about when homework is done or what household tasks you might be expected to do.
- Family holidays, Christmas and other religious festivals might be celebrated in different ways.
- You may have less privacy; for example, sharing a bedroom, or not having somewhere quiet to do homework or just be alone.

There are lots of young people going through this time of change and if you are finding it difficult, it's important to know that you are not the only one.

Talking about how you feel can really help you feel better. You can call us and talk to us about the things that are worrying you, no matter what they are.